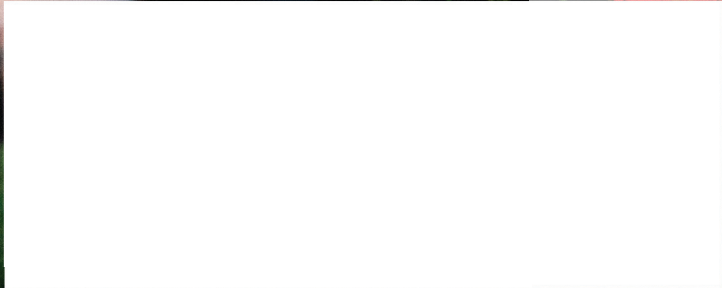


THE AMERICAN •
Legion
\$2.50 June 2023 Veterans Strengthening America
legion.org

THE FEW

MILITARY FIGHTS FOR QUALIFIED RECRUITS

FOR GOD AND COUNTRY SINCE 1919



USAA INSURANCE AGENCY

ENJOY THE ADVENTURES WITH MORE PEACE OF MIND

USAA members can save up to 5%
protecting their motorcycle, boat or RV.¹

Visit usaa.com/recreation to learn more



**WHAT YOU'RE MADE OF
WE'RE MADE FOR[®]**

¹The 5% member-only discount may be subject to a maximum overall discount per policy depending on all other discounts you may be receiving. To qualify for this discount, you must have a USAA number. Discount is not available in all states. Complete a no obligation quote to see all of the discounts you could receive.

Use of the term "member" or "membership" refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change.

USAA Insurance Agency means USAA Insurance Agency, Incorporated or USAA of Texas Insurance Agency (collectively the "Agency"). California License #0D78305, Texas License #7096. 9800 Fredericksburg Road, San Antonio, Texas 78288. The Agency contracts with insurance carriers that are not affiliated with USAA and offers products and services ("third-party insurance products") on their behalf. Third-party insurance products are not underwritten by USAA or its affiliates. The Agency receives a commission on the sale or renewal of third-party insurance products and may receive other performance-based compensation from them. Purchase of third-party insurance products does not establish USAA membership. Product and coverage descriptions are brief. All coverages are subject to the terms and conditions of your policy. Read your policy for details. Product and coverage availability may vary in some locations, and all applications for insurance are subject to underwriting by the insurance carrier.

© 2022 USAA. 286763-0522



UNITED STATES GOVERNMENT ISSUED

GOLD AMERICAN EAGLES



**EXCLUSIVE
AT-COST
OFFER**

only \$1,975 EACH

**NO ADDITIONAL
PURCHASE REQUIRED!**

AT COST, ABSOLUTELY NO DEALER MARK UP! CALL NOW!

Beginning today, Nationwide Coin & Bullion Reserve will take orders on a first-come, first-served basis for these beautiful one ounce \$50 Gold American Eagle coins. Gold Eagles are the perfect way for Americans to protect their wealth and hedge against inflation and financial uncertainty. **This offer is for new customers only.** There is a strict limit of one coin per household, per lifetime. Nationwide has set these one ounce \$50 Gold Eagles at the incredible price of **only \$1,975.00 each**. There are no mark ups, no premiums, and no dealer fees. This at-cost offer is meant to help ease the American public's transition into the safety of gold. **Call 1-800-211-9263 today and take advantage of this amazing offer!**

3 REASONS TO OWN GOLD TODAY

EXCLUSIVE AT-COST OFFER



AT NATIONWIDE COINS WE GUARANTEE THAT YOUR FIRST PURCHASE WILL ALWAYS BE AT COST AND COMPLETELY FREE OF ANY DEALER MARK UP.

SPECIAL ARRANGEMENT PACKAGES



CALL TODAY TO LEARN MORE ABOUT OUR SPECIAL-ARRANGEMENT PACKAGES THAT OFFER DISCOUNTED PREMIUM-GRADE PRECIOUS METALS.
FREE GOLD AND/OR SILVER COINS IN EACH PACKAGE.

FREE SHIPPING



ALL ORDERS FROM NATIONWIDE COINS ARE 100% INSURED AND ARE SHIPPED ABSOLUTELY FREE.

★ **Trustpilot**



Rated **"EXCELLENT"**

WHAT OUR CUSTOMERS ARE SAYING

VERIFIED CUSTOMER REVIEWS

First time Buyer Made Easy... My rep called me and made it so easy to purchase gold for the first time. In fact I enjoyed it so much I bought gold a second time and will purchase gold every quarter.

★★★★★ *Lawrence*

Purchased their introductory offer Purchased their introductory offer. Had a very good experience. No issues whatsoever.

★★★★★ *Richard M.*

Received my coins today

It was fast in shipping! The transaction was also smooth and the rep was knowledgeable. So great to know this company and its potential!

★★★★★ *Kalvin*

I received perfect coins... I couldn't be happier with my purchase from Nationwide. Fast secure shipping, nicely packaged in excellent coin displays. Friendly salesman that are knowledgeable and make sure you have a great experience.

★★★★★ *David J.*

I have made numerous purchases from... Nationwide Coin & Bullion and have always found the experience to be very easy and pleasurable. My representative has always been professional, knowledgeable and had my best interest at heart.

★★★★★ *Tom D.*

**NATIONWIDE
COIN & BULLION RESERVE**

Call Today!
1-800-211-9263



**MENTION KEY CODE WHEN CALLING
KEY CODE: ALM-230573**

Ad creation date 4/17/2023. Actual price may be higher or lower due to fluctuations in the gold market. Call for the lowest current price. Nationwide Coin & Bullion Reserve is a retailer of precious metals and rare coins and does not provide investment advice or financial planning. Anyone considering purchasing metals or rare coins as an investment should consult an investment professional. Any and all claims and disputes that may arise between customer and Nationwide Coin & Bullion Reserve, including its employees, are to be settled by arbitration in the state of Texas, county of Harris. The arbitration shall be conducted on a confidential basis pursuant to the commercial arbitration rules of the American Arbitration Association. All transactions with and purchases from Nationwide Coin & Bullion Reserve are subject to its Terms & Conditions which are available for review on its website at www.nationwidecoins.com/terms-conditions. Coin dates may vary.



- 4** COMMANDER'S MESSAGE
- 6** THE FOB (FORWARD OPERATING BASE)
- 14** LIVING WELL
- 18** TRAVEL
- 42** RAPID FIRE
- 50** COMRADES
- 52** PARTING SHOTS

ON THE COVER

20 Fighting Weight

With rising obesity rates and a recruit shortfall threatening military readiness, the Army is working to make the ineligible eligible.

By Steve Beynon

Cover photo: AP

26 Out of Order

We're at risk of losing all that America and its allies built in the wake of World War II.

By Alan W. Dowd

32 Task Force Movement

Legion-backed effort aims to fill gaps in truck driving, cybersecurity.

By Jeff Stoffer

36 Operation HEAL*ARIOUS

Comedy tour seeks America's funniest veteran or military spouse, promotes The American Legion's Be the One initiative.

By Henry Howard



View videos, read more stories and find resources at legion.org.



**THE PERFECT
FATHER'S
DAY GIFT**
JUNE 18

Summer like you mean it with

WORLD-FAMOUS PERFECTION

Omaha Steaks are hand-selected for unmatched quality, naturally aged for maximum tenderness, and flash-frozen to lock in that unforgettable flavor. Hot grills, cold drinks, and warm memories are waiting.



**THE BEST STEAKS
OF YOUR LIFE OR
YOUR MONEY BACK**

Flavorful Grill Pack

- 4 Bacon-Wrapped Filet Mignons (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (5 oz.)
- 4 Boneless Pork Chops (6 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 jar Omaha Steaks Seasoning (3.1 oz.)
- 8 **FREE** Omaha Steaks Burgers (5 oz.)

73334KYD separately \$270.93 **\$99⁹⁹**
SPECIAL INTRODUCTORY PRICE

LIMITED TIME
**GET 8
FREE
BURGERS**



Click: OmahaSteaks.com/GrillPack4904 » Call: 1.800.811.7832 » Scan Now:
Ask for your 8 FREE burgers with offer 73334KYD

Savings shown over aggregated single item base price. Photos exemplary of product advertised. Limit 2. 8 free 5 oz. burgers will be sent to each shipping address that includes 73334. Standard S&H added per address. While supplies last. Items may be substituted due to inventory limitations. All purchases acknowledge acceptance of Terms of Use: OmahaSteaks.com/terms-of-useOSI or call 1.800.228.9872 for a copy. Expires 08/31/23. | SRC0728



OmahaSteaks.com/GrillPack4904



A new century of flag respect now unfurling

One hundred years ago this month, The American Legion's Americanism Commission called for the first national flag conference.

Representatives from 68 patriotic, fraternal, civic and military organizations gathered in Washington, D.C., to join the Legion in an effort to distill various traditions and customs relating to the U.S. flag into a set of standard guidelines.

The purpose, President Warren G. Harding told those in attendance, "is to bring to the flag the becoming use by civilians of America. I hope you succeed in formulating a code that will be welcomed by all Americans and that every patriotic and educational society in the republic will commit itself to the endorsement and observance and purpose of the code that you adopt here today. That ought to be the result of the convention."

Harding's expectation was not only met but has triumphed as the nation's flag protocol for a century and counting. Though violations of the U.S. Flag Code carry no penalties, the federal law established guidelines covering the display, care and respect of our nation's most visible symbol. Our leadership in developing and establishing the Flag Code led to The American Legion becoming the nation's foremost authority on flag etiquette.

While the Legion continues to strongly support the Flag Code, we call on Congress to pass modifications based on recent patriotic practices. Spelled out in Resolution No. 19, these changes include additional days to encourage display, permitting flag patches to be worn on military and first-responder uniforms, and carrying the flag flat or horizontally when appropriate for patriotic effect.

Though we support modernization of the Flag Code, The American Legion's reverence for Old Glory will never wane. That devotion is perhaps best expressed by one of our most famous founders, Theodore Roosevelt Jr., who said, "The flag personifies that ideal of service ... And when the flag fails to be honored and respected by our people, then the ideal will fail, then the country will fall."

THE AMERICAN Legion MAGAZINE

Veterans Strengthening America

NATIONAL COMMANDER Vincent J. Troiola
PUBLISHER The American Legion
DIRECTOR OF MEDIA & COMMUNICATIONS Jeff Stoffer
DEPUTY DIRECTOR OF MEDIA & COMMUNICATIONS Henry Howard
MANAGING EDITOR Matt Grills
ASSOCIATE EDITOR Laura Edwards
ADMINISTRATIVE COORDINATOR Katherine Chrisman
ADMINISTRATIVE ASSISTANT Lauri Hayes
VISUAL TEAM MANAGER Holly K. Soria
GRAPHIC DESIGN SPECIALIST Celesta Török-Lee
MULTIMEDIA CONTENT PRODUCER Hilary Ott
MULTIMEDIA CONTENT PRODUCER Jennifer Blohm
PRODUCTION MANAGER Tony Heath
CONTRIBUTING EDITOR Alan W. Dowd

ADVERTISING

ADVERTISING MANAGER Diane Andretti
ASSISTANT ADVERTISING MANAGER Chris Elliot

HOW TO CONTACT US

AMERICAN LEGION MAGAZINE
 P.O. Box 1055
 Indianapolis, IN 46206
EMAIL: magazine@legion.org
TELEPHONE: (317) 630-1272
WEBSITE: legion.org

ADVERTISING SALES

James G. Elliott Company, Inc.
 NEW YORK: (917) 421-9055
 DETROIT: (312) 348-1206
 CHICAGO: (312) 348-1206
 LOS ANGELES: (213) 596-7215

NATIONAL HEADQUARTERS

(317) 630-1200
 700 N. Pennsylvania St.
 Indianapolis, IN 46204

MEMBERSHIP IN THE AMERICAN LEGION

Veterans who served at least one day of active military duty during wartime, or are serving now, are potentially eligible for membership in The American Legion. Members must have been honorably discharged or still serving honorably.

ELIGIBILITY

Dec. 7, 1941 - current

DATES OF MILITARY SERVICE

April 6, 1917 - Nov. 11, 1918
 (Merchant Mariners who served from Dec. 7, 1941, to Dec. 31, 1946, are also eligible.)

TO JOIN

Membership Division
membership@legion.org
 (317) 630-1321
legion.org

ADDRESS CHANGES AND SUBSCRIPTIONS

Subscription free with membership

Non-members: \$15

Foreign: \$21

Post-sponsored and surviving spouses: \$6

Single copies: \$3.50

For change of address by mail, attach old address label, provide new address and membership number.

CUSTOMER SERVICE

(800) 433-3318
cs@legion.org
 The American Legion
 Data Services
 P.O. Box 1954
 Indianapolis, IN 46206

MAGAZINE

magazine@legion.org

ARTICLE PROPOSALS

legiontown.org/share

Copyright 2023 by The American Legion

The American Legion (ISSN 0886-1234) is published monthly by The American Legion, 5745 Lee Road, Indianapolis, IN 46216. Periodicals postage paid at Indianapolis, IN 46204 and additional mailing offices.

POSTMASTER: Send address changes to The American Legion, Data Services, P.O. Box 1954, Indianapolis, IN 46206. Canada Post International Publications Mail (Canadian Distribution) Sales Agreement No. PM40063731. Return Undeliverable Canadian Addresses to: Station A, P.O. Box, Windsor ON N9A 6J5. Re-entered second-class mail matter at Manila Central Post Office dated Dec. 22, 1991.



Printed in USA
 Member Alliance for Audited Media



If you would like to learn more about how to create a will or estate plan, visit our website or call us to request a brochure by mail.

317-630-1225

plannedgiving@legion.org

legion.giftlegacy.com

A SIMPLE PLAN PROVIDES

PEACE



**There is no better time
to think about your future.**

If you do not have a will or estate plan,
now is the time to create or update yours.



Leave more
for your family
and the causes
you support.



Create income
for you, your
spouse and
your family.



Ensure
you leave
the legacy
you want.

 **AMERICAN
LEGION**

YOUR OLD CAR CALLED...

**IT WANTS TO
SERVE ITS
COUNTRY
AGAIN!**

Your vehicle donation provides
critical support that allows us
to continue our mission, and
making a donation is easy!



CALL 844-4-LEGION OR VISIT LEGION.CAREASY.ORG

Back to Basics

My response to the article by Henry Howard (April) is that Ron Cook Jr.'s program would be good for all young teenagers. Keep up the great work.

Timothy Kowalewski, Leavenworth, Kan.



Photo by Brandon Watson

The Medal of Honor Highway

In the map accompanying Ken Olsen's article (Rapid Fire, April), U.S. Highway 20 appears to end in the northwest corner of Oregon. In fact, it moves through central Oregon and ends on the coast in Newport, some 150 miles south. The good people of Newport will certainly feel slighted, as they are quite proud of their veteran loyalty. Possibly the confusion is because Oregon has several highways that honor veterans.

Michael Boyles, Hillsboro, Ore.

Editor's note: According to the Congressional Medal of Honor Society, the following recipients live in states connecting the coast-to-coast Medal of Honor Highway: Thomas Norris and Britt Slabinski (Idaho), Harold Fritz and Allen Lynch (Illinois), Sammy Davis (Indiana), Frank Herda (Ohio), Paul Bucha and Joseph "Bob" Kerrey (New York), and Thomas Kelley (Massachusetts).

\$31 billion

Approximate amount in VA disability benefits secured for veterans by accredited American Legion service officers over the past two years

"No U.S. citizen who has willingly fought for our country to defend democracy should be denied the right to participate in that process when they return home. No U.S. citizen should have taxation without representation. That's what our forefathers fought against 248 years ago. It's every bit as unjust now as it was then."

2023 American Legion National Oratorical Champion **Haley Bock**, who won a \$25,000 scholarship April 23 in Indianapolis. Her winning oration focused on the "Insular Cases," by which more than 4 million U.S. citizens in Puerto Rico, Guam, the U.S. Virgin Islands and the Northern Mariana Islands are denied the right to vote. Bock was sponsored by **Broad Ripple American Legion Post 3 in Indianapolis**. Watch the video at legion.org/oratorical.



Photo by Hilary Ott

THE AMERICAN LEGION MAGAZINE WELCOMES YOUR OPINIONS

Include your hometown and a daytime phone number for verification. All letters published are subject to editing. Due to the volume of mail received, not every letter can be acknowledged.

The American Legion Magazine,
P.O. Box 1055, Indianapolis, IN 46206
magazine@legion.org

Our caring team is here
for you day or night.

jitterbug® flip2

Our easiest Jitterbug® phone ever.



Unlike most cell phones that are hard to hear, difficult to dial and overloaded with features, the Jitterbug® Flip2 is easy to use, with exclusive Health & Safety Services and help from our caring team, 24/7.

EASY The large screen, big buttons, simple menu, powerful speaker and one-touch speed dialing make calling and texting easy. The long-lasting battery and Urgent Response button make it easy to be prepared. A reading magnifier and flashlight help you see in dimly lit areas and a built-in camera allows you to capture special moments.

Plans as low as

\$19⁹⁹
month³

HELPFUL Kind and knowledgeable, our caring team is here for you anytime, day or night. Whether you want to learn more about your new phone, need a ride, have a health concern or experience an emergency, we're here to help. We can even notify family or friends if you call Urgent Response.

AFFORDABLE We offer flexible and affordable plans, like Unlimited Talk & Text for only \$19⁹⁹ a month.³ Save over \$55 a year when you add Urgent Response.² Plus, with no long-term contracts or cancellation fees, you can switch plans anytime.

We treat every call like it's our mom or dad.

- We can look up and dial numbers for you
- We can connect you to a nurse for medical advice
- We can schedule a ride for you
- We can alert family members in an emergency



FATHER'S DAY

25% OFF¹

To order or learn more, call **1.866.352.0050** or visit **lively.com/flip**



Most reliable
nationwide coverage

No long-term contracts
or cancellation fees

Keep your current
phone number⁴

100% U.S.-based customer
service and tech support

lively | From **BEST BUY** Health™

Buy in-store
or online at:

**BEST
BUY**

**RITE
AID**

Walgreens

available at
amazon

¹25% off \$99⁹⁹ regular price is only valid for new lines of service. Offer valid through 7/1/23 at Rite Aid, 6/24/23 at Walgreens and 7/2/23 at Best Buy and Amazon. ²Full bundle cost \$44⁹⁹, \$4⁹⁹ discount applied monthly. Discount not available on lively.com. ³Monthly fees do not include government taxes or fees and are subject to change. Plans and services may require purchase of a Lively device and a one-time activation fee of \$35. Pricing may vary. For details on current pricing, visit lively.com. Urgent Response, Nurse On-Call, and Lively Link are only available with the purchase of a Lively Health & Safety Package. See terms for details. Urgent Response or 911 calls can be made only when cellular service is available. Coverage is not available everywhere. Urgent Response tracks an approx. location of device when device is turned on and connected to the network. Lively does not guarantee an exact location. Lively is not a healthcare provider. Seek the advice of your physician if you have any questions about medical treatment. Lively Rides provides a service through which you can request a ride to be arranged through the Lyft Platform. Ride fares are applied to your monthly Lively bill. Consistently rated the most reliable network and best overall network performance in the country by IHS Markit's RootScore Reports. ⁴Porting is dependent on the availability of the phone number requested and subject to approval of the existing carrier. Lively and Jitterbug are trademarks of Best Buy Health, Inc. ©2023 Best Buy. All rights reserved

Model Prisoners

I read this article with great interest (March). I sponsored a similar “self-help” group of inmates in the California Correctional Center (CCC), and named it the Susanville VIPs (Veterans in Prison). I was a vocational drafting instructor at CCC from 1989 until I retired in 2003. I was also commander of the Susanville American Legion Post 204 from 1999 to 2003 and thought it would be a great idea to help out the inmates with a diversion from their daily lives.

VIP candidates were vetted by way of DD 214 to participate in group meetings. I stipulated that they must have honorable service. Bad conduct or dishonorable discharges were not considered.

My mission for the VIP group was to assist veteran inmates in obtaining information regarding housing and employment for when they were released. I located points of contact throughout the cities and towns of California, and received help from various government agencies to which inmates could apply for assistance. Most were equipped for success when they departed for civilian life.

Bill Edmiston, Chico, Calif.

It is important to note that incarcerated women veterans are also members of The American Legion. Our program in Washington Corrections Center for Women has been in existence since 2003. Our women veterans are provided a monthly meeting space and resources related to VA benefits, transitional housing, employment, counseling and medical coverage. They are encouraged and welcome to join our own Service Girls Post 204. The lack of recidivism speaks highly of the program and support the women received from the post.

*Carrol M. Stripling, Post 204 commander,
Auburn, Wash.*

Silent Symptoms

The article by Martin Sayers about colorectal cancer (Living Well, March) hit home, as I had a relative pass away from this insidious disease. For those older than 45, a colonoscopy protocol should be started. From experience, the prep that used to be worse than the colonoscopy is now tolerable. Get tested.

Jim Lanctot, Indianapolis

THE PLAYLIST

*American Legion videos you
don't want to miss.*



Photo by Jeric Wilhelmsen

OCW grant brings gaming to Fort Irwin

Soldiers get a competitive respite from charity that promotes gaming for therapeutic value.

Veterans film festival

Film festival at Hollywood Post 43 showcases talent, unifies community, helps veterans find jobs in entertainment industry.

Responsible citizenship

The American Legion promotes the purpose behind its youth programs in a video shown at national events that can be used locally.

Visit legion.org/magazine/videos or subscribe to The American Legion's YouTube channel to see, show and share other American Legion videos.

\$3,000

Donation by
**American Legion
Post 558 in
Malta Bend, Mo.,**



Courtesy Post 558

to the 3 Roboteers FIRST LEGO League (FLL) robotics team, made up of students at Bueker Middle School in nearby Marshall. The team will compete in the Worcester Polytechnic Institute FLL Open Event in Worcester, Mass., in June, and demonstrated to post members their prize-winning Honey Helper - a solar-powered float system designed to alert beekeepers with a red light when the food source needs to be replenished, reducing possible risk to bees and beekeepers by eliminating the need to open the hive as often.

“To you, it’s the perfect lift chair. To me, it’s the best sleep chair I’ve ever had.”

— J. Fitzgerald, VA



Pictured is Luxurious & Lasting Miralux™.
Ask about our 5 Comfort Zone chair.

You can't always lie down in bed and sleep. Heartburn, cardiac problems, hip or back aches – and dozens of other ailments and worries. Those are the nights you'd give anything for a comfortable chair to sleep in: one that reclines to exactly the right degree, raises your feet and legs just where you want them, supports your head and shoulders properly, and operates at the touch of a button.

Our **Perfect Sleep Chair®** does all that and more. More than a chair or recliner, it's designed to provide total comfort. Choose your preferred heat and massage settings, for hours of soothing relaxation. Reading or watching TV? Our chair's recline technology allows you to pause the chair in an infinite number of settings. And best of all, it features a powerful lift mechanism that tilts the entire chair forward, making it easy to stand. You'll love the other benefits, too. It helps with correct spinal alignment and promotes back pressure relief, to prevent back and muscle pain. The overstuffed, oversized biscuit style back and unique seat design will cradle you

in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. It even has a battery backup in case of a power outage.

White glove delivery included in shipping charge. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! You get your choice of Luxurious and Lasting Miralux, Genuine Leather, stain and liquid repellent Duralux with the classic leather look, or plush MicroLux microfiber, all handcrafted in a variety of colors to fit any decor. Call now!

journey
perfect
sleep chair

1-888-737-1530

Please mention code 118056 when ordering.



REMOTE-CONTROLLED
EASILY SHIFTS FROM FLAT TO
A STAND-ASSIST POSITION

Now available in a variety
of colors, fabrics and sizes.

Genuine Leather
classic beauty & style

Chestnut



New **Miralux™**
luxurious & lasting

Light Gray



Saddle



Chocolate



New & Improved
Long Lasting DuraLux™

stain & liquid repellent

MicroLux™ Microfiber
breathable & amazingly soft

Burgundy



Tan



Chocolate



Blue



mobility | sleep | comfort | safety

enjoying life never gets old™

journey
HEALTH & LIFESTYLE

Because each Perfect Sleep Chair is a made-to-order bedding product it cannot be returned, but if it arrives damaged or defective, at our option we will repair it or replace it. Delivery only available in contiguous U.S. © 2023 Journey Health and Lifestyle.



Whereas ...

Lack of affordable housing is a major problem for post-9/11 veterans, making them more likely to struggle to afford housing than previous veteran groups, and homeless veterans who served in Iraq and Afghanistan are more likely to have families or children who also require assistance ...

The Department of Housing and Urban Development reports that in 2021, 19,750 veterans were experiencing sheltered homelessness in the United States, and veterans experiencing sheltered homelessness accounted for 11 out of every 10,000 veterans in the country ...

The Department of Veterans Affairs Health Care for Homeless Veterans (HCHV) program serves an average of 150,000 veterans annually, and in fiscal 2020 supported 310 contracts with over 3,500 available beds in 49 states, Puerto Rico and Guam ...

HCHV Contract Residential Services programs allow VA to award locally established contracts to community-based agencies that fill service gaps and provide short-term residential care, along with immediate housing placement for veterans as they seek permanent housing ...

Be it resolved ...

The American Legion supports legislation or administrative proposals that provide additional transitional and permanent housing for veterans that are homeless or at risk of being homeless, including veterans with families.

Passed, American Legion
National Executive
Committee, Oct.
12-13, 2022

16

Junior ROTC
awards delivered
by the Legion's
National Security Division in
March – five to departments, six
for military excellence and five for
scholastic excellence



"It's been a long journey It's definitely a win for all of the deported veterans, not just myself."

Army veteran Mauricio Hernandez Mata, who became a naturalized U.S. citizen in San Diego in March, decades after he earned the right with his honorable military service. Bureaucratic failures, broken promises and struggles with the criminal justice system long blocked Mata's path to citizenship, as described in *The American Legion Magazine* ("Thank You, & Goodbye," June 2021).

Indiana post breaks own record in OCW donations

On March 25, during its 2023 OCW Day, **Kenneth N. Dowden American Legion Post 64 in Indianapolis**

presented the Operation Comfort Warriors program with a donation of \$111,200 – a new record for the post, which fundraises for the program throughout the year, and has topped \$100,000 more than once.

As per tradition, Past National Commander James Koutz – who made OCW his project during his 2012-2013 year as commander – was there for the presentation, along with other Legion Family leadership. "I didn't think they'd break last year's (donation total), but when it came to \$111,000, I was pretty shocked," Koutz said.

"They really believe in OCW at Post 64. And it's the entire American Legion Family. It was a great day."



Facebook photo by Steve DeFeo

Why have a stairlift when you can have a Home Elevator?

Stay in the home and neighborhood you love with a Stiltz Home Elevator.

WHY LIMIT YOURSELF?

Stairlifts were introduced in the 1920s, and not much has changed since. A stairlift has one use: to move you (and only you) between floors, slowly. And it fits in only one place: your staircase. Finally, a stairlift won't keep up with you as your mobility needs change over time. For example, a stairlift can't carry a walker or wheelchair.

THE MODERN SOLUTION

A Stiltz Home Elevator, on the other hand, is an affordable, modern home elevator that is so compact, it fits just about anywhere in your house. It requires no special machine room, no supporting walls, and runs off a standard home electrical outlet. One look at our unique freestanding rail

system, and you can tell right away why we're called "Stiltz"!

A Stiltz Home Elevator is 100% safe. The elevator will not operate when the door is open, and sensors stop the lift cab if something is in the way. A battery backup lowers the lift cab in a power outage.

A Stiltz Home Elevator is versatile. Our elevators carry two people, or even a wheelchair. And the small footprint means they fit just about anywhere. Install your homelift through the floor, in a stairwell, up to a landing — even inside a closet!

A Stiltz Home Elevator is clean and quiet. Our self-contained electric drive system is very quiet. No messy hydraulics, no noisy vacuum systems, no machine rooms required.

A Stiltz Homelift is an extra pair of hands. Move laundry, suitcases, groceries and vacuum cleaners — up and down between floors.

IT'S NEVER TOO SOON

Some Stiltz customers need a home elevator immediately. But others want to "future-proof" their homes for when the stairs become a challenge.

"I can't imagine what we'd do without it. I wish we had installed our Stiltz Home Elevator several years ago!"

— Mr. James, Roanoke VA



Did you know?

Falls are the leading cause of hospitalization for older adults in the US. More than a quarter of Americans age 65+ fall each year. The average hospital cost for a fall injury is \$35,000.



HOME ELEVATOR SPECIALISTS

Stiltz is one of the world's leading home elevator manufacturers, so you'll be in good hands. Your elevator will be installed and maintained by Stiltz trained professionals — expert technicians who truly care about your freedom.

Why choose Stiltz?

- Affordable
- Small Footprint
- Full Safety Features
- Clean, Quiet Operation
- Low Power Consumption
- Freestanding Design
- Wheelchair Accessible
- Carry Laundry or Pets
- Fast Installation
- Full Warranty



For a **FREE BROCHURE** or **no obligation home visit**

Call 1-833-473-4551

or visit www.StiltzLifts.com

StiltzTM
Homelifts

Tango Alpha Lima chart toppers

The American Legion Tango Alpha Lima podcast continues to grow. In the past six months, these guests have appeared on the top five episodes for downloads, which have played a key role in the podcast's surging popularity:



Chelsea Porterfield A recent Army retiree, she served as a platoon sergeant in the 3rd U.S. Infantry Regiment (The Old Guard) and was the first woman to lead a marching element into Arlington National Cemetery.



Jennifer Campbell The Army veteran, fitness expert and member of Hollywood American Legion Post 43 shares tips on exercise and wellness.



Jeffrey Brodeur The former Army Ranger is an expert in chemical-biological-radiological-nuclear (CBRN) strategy, plans and training programs, and discusses technology used for identifying toxins in combat zones.



Jonathan Wechter The former Army Ranger is a fitness and nutrition coach, bodybuilder, power lifter and marathon runner. He talks about how fitness and psychedelics have soothed his PTSD.



Dennis Hoy The Vietnam War Army veteran and Silver Star recipient talks about his award-winning book "Letters from Vietnam," which gives his ground view of combat and a soldier's life beyond war.

Check out these episodes and more than 180 others: legion.org/tangoalphalima

Photo by Lucas Carter

"The whole harbor was afire. The oil had leaked out and caught on fire and was burning."

Ken Potts, a member of **Dean Mendenhall American Legion Post 13 in Provo, Utah**, and survivor of the Pearl Harbor attack, in a 2020 oral history interview with the American Veterans Center. Potts died April 21 at 102; he was a Navy crane operator taking supplies to USS *Arizona* on Dec. 7, 1941, and used his boat to rescue fellow sailors thrown into the water and transport them to safety.

There is now a single *Arizona* survivor still living: Lou Conter, a member of **Frank Gallino American Legion Post 130 in Grass Valley, Calif.** Source: ABC News

200+ American Legion Family volunteers at the National Junior College Men's Basketball Tournament in March, sponsored and hosted by **Lysle Rishel Post 68 in Hutchinson, Kan.**, for the 75th straight year.

John A. Logan College of Carterville, Ill., defeated Northwest Florida State College 73-70 to win the national title.

Post 68 provided hosts for each of the 24 teams, and its honor guard opened the tournament. Department of Kansas Commander Jeremy Ehart ran the electronic media signs, and **American Legion Auxiliary Unit 68** member Kristy Ehart again served as photographer.

Post 68's Larry Collins, who was honored for 50 years of service, told KSN-TV, "This tournament has meant so much to Hutchinson and the area. That is why we volunteer."



Photo by Kristy Ehart

NORTH AMERICA'S

#1 Selling Walk-In Tub

Featuring our Free Shower Package

Back by Popular Demand!
FREE SHOWER PACKAGE!

Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing with Safe Step Walk-In Tub's **FREE Shower Package!**

- ✓ First walk-in tub available with a customizable shower
- ✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
- ✓ Top-of-the-line installation and service, all included at one low, affordable price

Now you can have the best of both worlds—there isn't a better, more affordable walk-in tub!

FREE SHOWER PACKAGE

PLUS \$1500 OFF

FOR A LIMITED TIME ONLY

Call Toll-Free 1-800-631-3015



With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.



Call Today for Your Free Shower Package

1-800-631-3015

Scan me ▶



FINANCING
AVAILABLE
WITH APPROVED
CREDIT



**LIFETIME
LIMITED WARRANTY**

13 habits of healthy people

Every day we are inundated with the latest health fads, marketing gimmicks or scientific breakthroughs on ways to improve our fitness, get healthy and prolong our lives. Even in this blitz of information, though, we can identify a few common characteristics shared by highly healthy people. To feel better and live better, here are 13 simple habits worth adopting:

Stay hydrated. The body is made up of mostly water, which helps essentially all bodily functions operate smoothly. Water helps you sleep better at night, feel less sluggish during the day and improves your skin.

Get plenty of sleep. Sleep is when the body recovers, regenerates and helps sharpen focus. Studies show insufficient sleep increases the risk of medical conditions like obesity, diabetes and heart disease. Aim for seven to nine hours per night.

Move it. Daily movement is the hallmark of good health, whether it's structured exercise, a recreational sport, bike ride or even just walking. About 30 minutes helps reduce the risk of cardiovascular disease, diabetes and some cancers.

Build muscles. As we age we lose muscle mass, so it's important to include resistance training and increase protein consumption.

Get outside. Enjoying outdoor time lifts our mood and helps us to soak up necessary vitamin D.

Eat well. Focus on a diet rich in whole foods with plenty of colorful fruits and vegetables. Eliminate as much processed and refined food as possible.

Avoid added sugar. Limit sugar to natural sugar, like that found in fruit. Eliminate added sugar to reduce and reverse diseases like diabetes, heart disease and certain cancers.

Plan meals. This will not only save you money, but help reduce consumption of calories, fat, sugar and salt you get by eating out.

Quit smoking. The evidence of how tobacco harms your health is overwhelming.



Engage in hobbies. Look for outlets that you enjoy, make you feel relaxed and/or tap into your creativity.

Be mindful. Meditation and other practices are proven to improve mood, reduce anxiety and regulate emotions.

Find a purpose. Working toward causes bigger than yourself and volunteering can be extremely gratifying. Continuing to have a purpose as we age helps with independence, loneliness, cognition and memory.

Log off. Cutting down on screen time is beneficial for those suffering from depression and anxiety. Instead, prioritize time with family and friends.

Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She is past commander of the California American Legion's 24th District and Hollywood Post 43.

6 p.m. to 8 p.m.

Ideal dinnertime for adults who go to bed around 10 p.m., registered dietitian Tracy Lockwood Beckerman tells HuffPost. Being too full at bedtime can trigger acid reflux, as the body tries to digest food while you're sleeping. Plus, eating just before bedtime can increase inflammation and contribute to weight gain.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

NOW

OVER 1 MILLION SOLD

The Leading OTC Hearing Aid Selected by
Top Medicare Advantage Plans

RECHARGEABLE In-Your-Ear Hearing Aid

**BUY 1 GET 1
FREE**

~~REG \$299.98~~

**ONLY
\$149⁹⁹**

Each When You Buy a Pair

PLUS FREE SHIPPING
Limited Time Only!

How can a rechargeable hearing aid that fits inside your ear and costs only \$149⁹⁹ be every bit as good as one that sells for \$2,400 or more?

The answer: The MDHearing™ NEO uses the same kind of technology incorporated into hearing aids that cost thousands more at a small fraction of the price. Over 800,000 satisfied MDHearing customers agree: High-quality, digital, FDA-registered rechargeable hearing aids don't have to cost a fortune.

NEO is a medical-grade, digital, rechargeable hearing aid offering sophistication and high performance; and works right out of the box with no time consuming "adjustment" appointments. You can contact a licensed hearing specialist conveniently online or by phone — even after your purchase at no cost. No other company provides such extensive support. Now that you know... why pay more?

PLUS... It fits inside your ear.

 **MDHearing™**
DOCTOR DESIGNED | AUDIOLOGIST TESTED | FDA REGISTERED



"I was amazed! Sounds I hadn't heard in years came back to me!"

— Don W., Sherman, TX

CHARGE AT NIGHT **AND GO** ALL DAY



Actual size



Charging case

Our smallest hearing aid ever!

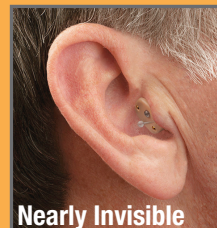
45-DAY RISK-FREE TRIAL!

If you are not completely satisfied with your hearing aids, return them within 45 days for a FULL REFUND!

For the Lowest Price Call

1-800-899-8130

www.TryMDNeo.com



Nearly Invisible

Use Code **EZ80**
and get **FREE** Shipping

*Not available in the state of Washington.

Proudly designed in America and
supported by US audiologists





How to reduce the risk of Alzheimer's

Researchers pursue prevention, treatment from new angles.

BY LANCE FRAZER

Alzheimer's disease is a global health problem, with an expected 100 million cases by 2050. Primarily affecting those 65 and older, the condition has been known to occur in people as young as 30. But recent studies have increased our knowledge of Alzheimer's and how we can improve our odds.

Research at Washington University has added to growing evidence that the gut microbiome – the huge population of microbes living in our intestines that do everything from helping us digest food to regulating the immune system – plays a key role in brain health, possibly opening new avenues for treatment.

A study by the University of Texas Health Science Center at Houston (UTHealth) found that people who received at least one influenza vaccination were 40% less likely than their non-vaccinated peers to develop Alzheimer's. There also is strong evidence that other vaccines may help protect against the disease, possibly through their effect on the immune system. Some two dozen related experimental therapies are in clinical trials.

At Brigham and Women's Hospital, researchers have been looking at deep-brain stimulation (DBS), via surgically implanted electrodes. And research at the National Center for PTSD at the VA Boston Healthcare System found that PTSD and traumatic brain injury can increase the risk of Alzheimer's.

Another approach, dubbed "Powder for Pennies" (P4P), is being carried out by the UC San Diego School of Medicine, the University of Southern California and other centers. Howard Feldman, director of the Alzheimer's Cooperative Study, says

P4P looks at "repurposing medicines already in use to treat other conditions to see if they might work for Alzheimer's." In 2021, P4P found a 35% to 75% lower prevalence of Alzheimer's in people exposed to bumetanide, a drug used to treat congestive heart failure.

Scientists are also seeking ways to detect Alzheimer's earlier. Researchers at the University of Washington have led the development of a blood test to detect the proteins thought to develop into Alzheimer's years before the disease manifests. And University at Albany chemistry professor Igor Lednev's start-up company has created a screening tool that can test saliva to detect the early and preclinical stages. "Alzheimer's pathology may arise up to 20 years before the onset of dementia," Lednev says, "providing a unique window of opportunity for inventions aimed at preserving cognitive health and delaying disease progression."

Lance Frazer is a California-based freelance writer specializing in health and medicine, science, nature and the environment.

Experts believe that one day Alzheimer's will be preventable, if not curable. In the meantime, there's a lot we can do, says Paul Schulz, senior author of the UTHealth study:

- Don't smoke.
- Cut back on alcohol.
- Keep your body mass index (BMI) under 25, and your cholesterol level and blood pressure under control.
- Stay mentally and physically active.

To some, sunglasses are a fashion accessory...

But When Driving, These Sunglasses May Save Your Life!

Drivers' Alert: Driving can expose you to more dangerous glare than any sunny day at the beach can... do you know how to protect yourself?

The sun rises and sets at peak travel periods, during the early morning and afternoon rush hours and many drivers find themselves temporarily blinded while driving directly into the glare of the sun. Deadly accidents are regularly caused by such blinding glare with danger arising from reflected light off another vehicle, the pavement, or even from waxed and oily windshields that can make matters worse. Early morning dew can exacerbate this situation. Yet, motorists struggle on despite being blinded by the sun's glare that can cause countless accidents every year.

Not all sunglasses are created equal.

Protecting your eyes is serious business. With all the fancy fashion frames out there it can be easy to overlook what really matters—the lenses. So we did our research and looked to the very best in optic innovation and technology.

Sometimes it does take a rocket scientist.

A NASA rocket scientist. Some ordinary sunglasses can obscure your vision by exposing your eyes to harmful UV rays, blue light, and reflective glare. They can also darken useful vision-enhancing light. But now, independent research conducted by scientists from NASA's Jet Propulsion Laboratory has brought forth ground-breaking technology to help protect human eyesight from the harmful effects of solar radiation light. This superior lens technology was first

discovered when NASA scientists looked to nature for a means to superior eye protection—specifically, by studying the eyes of eagles, known for their extreme visual acuity. This discovery resulted in what is now known as Eagle Eyes®.

The Only Sunglass Technology Certified by the Space Foundation for UV and Blue-Light Eye Protection. Eagle Eyes® features the most advanced eye protection technology ever created. The TriLe-nium® Lens Technology offers triple-filter polarization to block 99.9% UVA and UVB—plus the added benefit of blue-light eye protection. Eagle Eyes® is the only optic technology that has earned official recognition from the Space Certification Program for this remarkable technology. Now, that's proven science-based protection.

The finest optics: And buy one, get one FREE! Eagle Eyes® has the highest customer satisfaction of any item in our 20 year history. We are so excited for you to try the Eagle Eyes® breakthrough technology that we will give you a **second pair of Eagle Eyes® Navigator™ Sunglasses FREE—a \$59.95 value!**

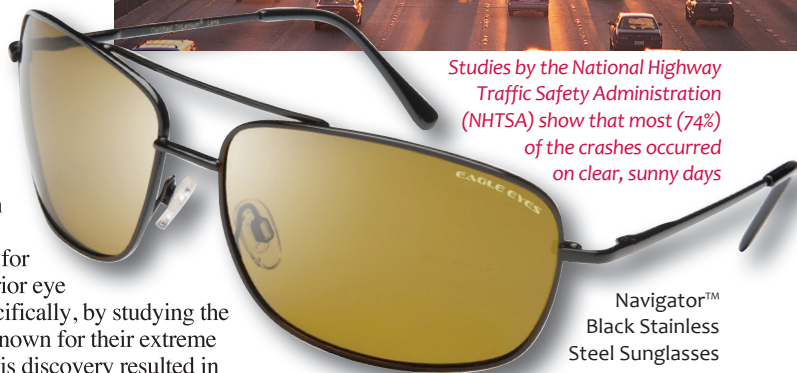
That's two pairs to protect your eyes with the best technology available for less than the price of one pair of traditional sunglasses. You get a pair of Navigators with stainless steel black frames and the other with stainless steel gold, plus one hard zipper case and one micro-fiber drawstring cleaning pouch are included. Keep one pair in your pocket and one in your car.

Your satisfaction is 100% guaranteed.

If you are not astounded with the Eagle Eyes® technology, enjoying clearer, sharper and more glare-free vision, simply return one pair within 30 days for a full refund of the purchase price. The other pair is yours to keep. No one else has such confidence in their optic technology. Don't leave your eyes in the hands of fashion designers, entrust them to the best scientific minds on earth. Wear your Eagle Eyes® Naviga-



Studies by the National Highway Traffic Safety Administration (NHTSA) show that most (74%) of the crashes occurred on clear, sunny days



Navigator™
Black Stainless
Steel Sunglasses

Receive the Navigator™ Gold Sunglasses (a \$59.95 value) FREE! just for trying the Navigator™ Black



Navigator™ Gold Stainless Steel Sunglasses

Certified EAGLE EYES® was developed from original NASA Optic technology and was recently inducted into the Space Foundation Technology Hall of Fame.

Fit-ons available for \$39 + S&H
Black or Tortoise-Shell design



tors with absolute confidence, knowing your eyes are protected with technology that was born in space for the human race.

Two Pairs of Eagle Eyes® Navigator™ Sunglasses \$119.90†

Offer Code Price \$49 + S&P Save \$70.90
Offer includes one pair each Navigator™ Black and Navigator™ Gold Sunglasses

1-800-333-2045

Your Insider Offer Code: EEN950-06
You must use this insider offer code to get our special price.

Stauer®

14101 Southcross Drive W.,
Ste 155, Dept. EEN950-06
Burnsville, Minnesota 55337
www.stauer.com



Rating of A+

† Special price only for customers using the offer code versus the price on Stauer.com without your offer code.

Smart Luxuries—Surprising Prices™

Eagle Eyes®
Lens



Slip on a pair of Eagle Eyes® and everything instantly appears more vivid and sharp. You'll immediately notice that your eyes are more comfortable and relaxed and you'll feel no need to squint. The scientifically designed sunglasses are not just fashion accessories—they are necessary to protect your eyes from those harmful rays produced by the sun during peak driving times.

VETERANS ON THE ROAD: MONTANA

Big Sky country is filled with some of the nation's most beloved natural attractions, historic destinations of interest to veterans and towering mountain ranges, one of which served as training grounds for what would become the U.S. Special Forces.

The American Legion's Veterans on the Road web platform is a new and developing resource for military-connected travelers. In the months ahead, attractions will be posted on a state-by-state basis, with helpful links. Submissions are also welcome by visiting legion.org/legiontown and sharing words and images in the category OUR TRAVELS.

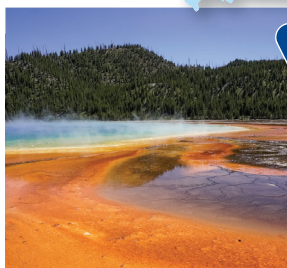
In addition to major destinations, the site lists sacred places, roadside attractions and roads dedicated to those who served.

Visit legion.org/travel to learn more.

Lolo Pass Visitor Center

High in the Bitterroot Mountains, this interpretive site along U.S. Highway 12 shares information about the Lewis and Clark Expedition and the 1877 flight of the Nez Perce.

Glacier National Park has more than 700 miles of trails, the popular Going-to-the-Sun Road, wilderness hiking, camping, bicycling, wildlife watching, cross-country skiing, snowshoeing, fishing, boating, ranger-led tours and more.



Yellowstone National Park covers more than 3,600 square miles, with geothermal features like Old Faithful, hundreds of wildlife species, camping and other activities. For more than 30 years, the U.S. Army had a post in the park - Fort Yellowstone - that now houses many park employees.



Little Bighorn Battlefield National Monument Guided ranger visits and cellphone tours tell the story of the Little Bighorn Battle of June 25-26, 1876.



Lewis and Clark Museum and Interpretive Center Managed by the U.S. Forest Service, this 25,000-square-foot interpretive center in Great Falls along the Missouri River breaks features a 158-seat theater, exhibits, artifacts, multimedia displays, programs, and ample parking for buses and RVs.



Fort Peck Dam and Reservoir is a historic engineering marvel and one of the nation's hottest fisheries. The dam and reservoir are operated by the U.S. Army Corps of Engineers.



EXPERIENCE THE

Miracle



"After suffering with extreme foot pain for months, I can finally walk again with no pain. **They are truly miracle shoes!**" – Carol D.

See more miracle testimonials at gdefy.com

Enjoy the benefits of exercise without harmful impact on your joints!

- ✓ Renewed Energy
- ✓ Maximum Protection

- ✓ Improved Posture
- ✓ Relieve Pain

60-DAY "TRY DEFY" MONEY-BACK GUARANTEE!

MIGHTY WALK \$155 MED/WIDE/X-WIDE AVAILABLE

This product is not intended to treat, cure or prevent any disease.

Women



TB9024FUB
Blue/Beige

TB9024FWI
White/Pink

TB9024FLW
Black/White

Men



TB9024MRW
Red/White/Blue

TB9024MUO
Blue/Orange

TB9024MGU
Gray/Blue

\$30 OFF orders of \$150 or more

Promo Code **MG4FQT2**

Expires August 31, 2023

FREE SHIPPING, EXCHANGES & RETURNS

800-429-0039 • www.gdefy.com

Plus Free Corrective Fit Orthotics
for plantar fasciitis, stability & support!



VersoShock® U.S Patent #US8,555,526 B2. \$30 off applies to orders of \$150 or more. Cannot be combined with other offers. Free shipping on orders over \$50. Free Corrective Fit orthotics not included with sandal purchase. Additional sales taxes may apply. Shoes must be returned within 60 days in like-new condition for full refund or exchange. Credit card authorization required. See website for complete details.



Editor's note: *This is the first in a series of articles about the U.S. military's recruitment crisis.*

The armed services are in the midst of a recruiting slump. Numbers have plummeted since the COVID-19 pandemic, and senior military leaders are sweating about whether or not they can fill in the ranks this year as the U.S. national defense focus shifts from the global war on terrorism to doctrine and training to prepare for conventional warfare amid tensions with China and Russia.

The issue is a confluence of problems mostly out of the Pentagon's direct control. While young Americans have a declining interest in service, the problem is more about an ever-shrinking pool of applicants' eligibility to serve. At the center is a nationwide obesity crisis that some call a major national security concern.

The Army is at the forefront of the recruiting crisis. All other branches aside from the Coast Guard met their recruiting goals last year, but barely – partly by happenstance of those services being significantly smaller and the Army simply

needing more personnel. The Air Force hit its target of 27,000 airmen with no room for error but was short some 2,000 reservists and guardsmen. The Navy also just made its recruiting goals but was short about 200 new officers.

More than half the U.S. population in prime recruiting age is obese – 56% of 18- to 25-year-olds, according to research from Johns Hopkins University. This health crisis has crushed the pool of potential military recruits. With that on top of low academic performance on entrance exams and minor criminal infractions, only an estimated 23% of young Americans qualify to serve.

Comorbidities have skyrocketed in recent years, and obesity is a major factor. Roughly 30% of COVID-19 hospitalizations in the United States are attributed to obesity, according to the Centers for Disease Control and Prevention. Obese children were three times as likely to be checked into intensive care or die from COVID-19 compared to otherwise healthy children.

States with the highest obesity levels are in the South and Midwest. Many of those states, particularly in the deep South, have limited access



Trainees in the Army's Future Soldier Preparatory Course stretch during a physical training session at Fort Jackson, S.C. Getty

FIGHTING WEIGHT

With rising obesity rates and a recruit shortfall threatening military readiness, the Army is working to make the ineligible eligible.

BY STEVE BEYNON

to quality health care compared to other regions. Those states also tend to have populations with lower incomes and families with less access to healthy foods and quality fitness training.

Yet the Army – the military's largest branch, with more than 1 million soldiers across active duty, the reserve and the National Guard – is holding its ground on standards for entry.

"We are in a war for talent," Gen. James McConville, the Army's top officer, told soldiers at the Association of the United States Army conference in Washington, D.C., last October. "We are not going to lower standards. Quality is more important than quantity."

Last summer, the Army kicked off a pilot program called the Future Soldier Preparatory Course (FSPC) at Fort Jackson, S.C. The course has two tracks: one for applicants who came up short on Armed Services Vocational Aptitude Battery (ASVAB) test performance, and one for those with up to 6% more body fat than the Army standard. That standard is different based on age, gender and height,

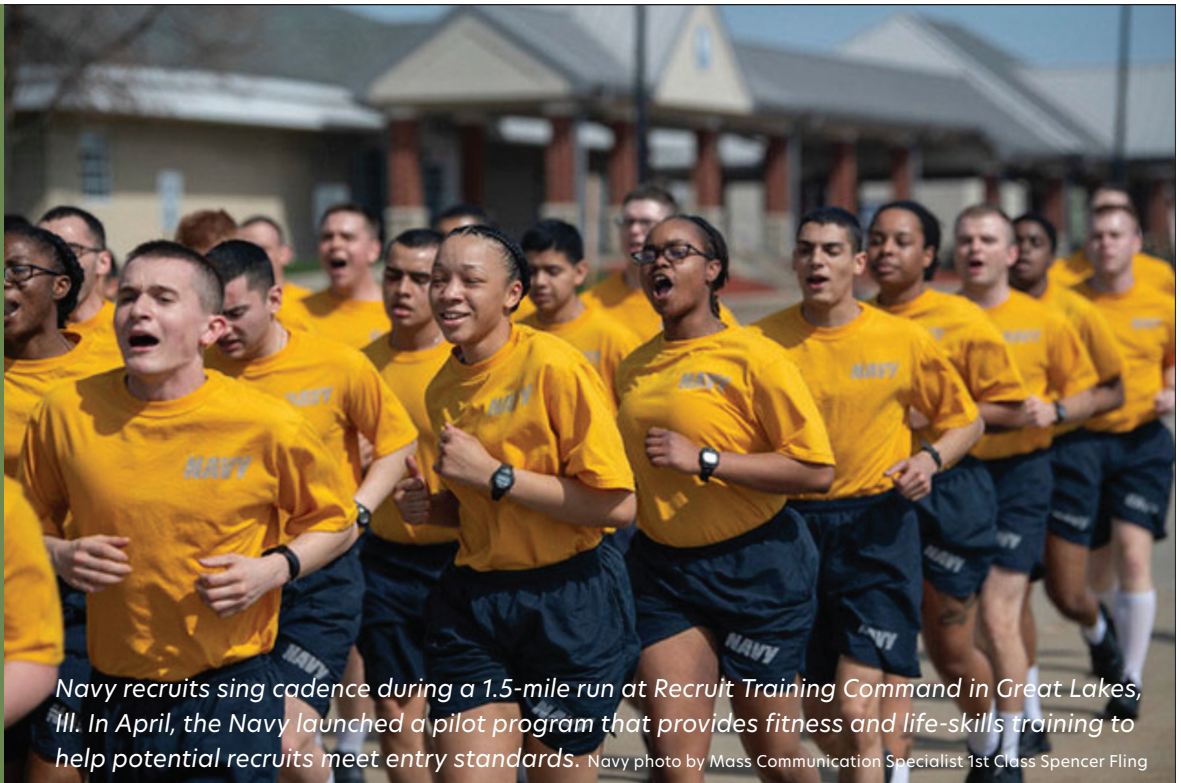
with 17- to 22-year-old men and women authorized up to roughly 24% and 30% body fat respectively.

In January, the Army expanded that pilot program into a massive effort senior leaders hope will be the silver bullet for the recruiting crisis, at Fort Benning, Ga. Between the two installations, FSPC can accommodate roughly 12,000 troops who otherwise wouldn't have been eligible. That figure comes close to making up the last year's recruiting shortfall.

That program is expected to expand even further, with Army planners eyeing Fort Leonard Wood, Mo., and Fort Sill, Okla., as additional hosts this year. Soldiers have 90 days to come into compliance with Army standards. If not, they're sent home and their

\$15,000

Cost to bring a new Army recruit into the service, plus another \$50,000 to \$75,000 to prepare them to join their first unit, depending on their job



military contracts are terminated. Initial data suggest FSPC is working. For the fitness track, 292 of 366 soldiers have qualified and are allowed to progress to basic training, according to data from October.

Other branches have eyed the Army's early success with the program, and last spring the Navy rolled out its own pre-basic training camp to get applicants qualified for service. Like its Army counterpart, the Future Sailor Preparatory Course will provide physical fitness training along with nutrition and life skills coursework for potential recruits who are up to 6% above entry body-fat standards.

Fitness standards have generally gone up with the introduction of the Army Combat

Fitness Test (ACFT). That new measurement of fitness consists of a deadlift, an event in which soldiers throw a 10-pound ball as far as they can behind them, hand-release push-ups, a plank, a timed 2-mile run, and an event in which soldiers must sprint, carry 40-pound kettlebells, and drag a 90-pound sled up and down a 50-meter lane for time. The test is seen as relatively easy to pass for anyone who works out and trains in functional fitness regularly, but is much more difficult to get high scores in than its predecessor.

That test was in the making for over a decade and replaces the Army Physical Fitness Test (APFT), which measured only the number of push-ups and sit-ups a soldier can do, in addition to a 2-mile timed run. The APFT had been used since 1980 and was largely seen as a limited measure of overall fitness. Active-duty soldiers take the ACFT twice per year and before attending certain training schools. Part-time troops in the National Guard and Army Reserve take the test once a year.

The new ACFT is not just a better measurement of overall strength, agility and endurance. It also encourages soldiers to

In fiscal 2022, the Army missed its recruiting goal by **15,000** active-duty soldiers, or about **25%**. Starting with an end-strength goal of 485,000 soldiers, the Army reduced that number to 476,000 and finished with 465,000, prompting Army Secretary Christine Wormuth to admit it was "the Army's most challenging recruiting year since the start of the all-volunteer force."

For the people you love ...

Up to a \$25,000.00 Whole Life Insurance Policy

from United of Omaha Life Insurance Company/Companion Life Insurance Company

No medical exam | No health questions | No rate increases

Peace of mind.

If you're between the ages of 45 and 85,¹ here's an easy and cost-effective way to help protect your loved ones for life.

- Your acceptance is guaranteed
- Your coverage begins immediately²
- Your benefit will never go down
- Your policy will never be canceled

Whole life insurance actually builds cash value over time. And most claims are paid within 24 hours.³ So your loved ones have the cash they need — when they need it most.

Protection for life.

As long as premiums are paid when due, you can keep this coverage up to your 120th birthday.

	\$5,000		\$10,000		\$15,000		\$25,000	
Age	Male	Female	Male	Female	Male	Female	Male	Female
64	\$33.50	\$24.55	\$66.00	\$48.10	\$98.50	\$71.65	\$163.50	\$118.75
65	\$34.75	\$25.50	\$68.50	\$50.00	\$102.25	\$74.50	\$169.75	\$123.50
66	\$35.90	\$26.35	\$70.80	\$51.70	\$105.70	\$77.05	\$175.50	\$127.75
67	\$37.05	\$27.25	\$73.10	\$53.50	\$109.15	\$79.75	\$181.25	\$132.25
68	\$38.70	\$28.95	\$76.40	\$56.90	\$114.10	\$84.85	\$189.50	\$140.75
69	\$39.75	\$30.60	\$78.50	\$60.20	\$117.25	\$89.80	\$194.75	\$149.00
70	\$43.85	\$32.45	\$86.70	\$63.90	\$129.55	\$95.35	\$215.25	\$158.25
71	\$45.60	\$34.25	\$90.20	\$67.50	\$134.80	\$100.75	\$224.00	\$167.25
72	\$47.70	\$36.00	\$94.40	\$71.00	\$141.10	\$106.00	\$234.50	\$176.00
73	\$50.90	\$38.95	\$100.80	\$76.90	\$150.70	\$114.85	\$250.50	\$190.75
74	\$53.50	\$41.85	\$106.00	\$82.70	\$158.50	\$123.55	\$263.50	\$205.25

Call us for additional rates. | These monthly rates include a \$12 annual policy fee.

To accept this important protection now,
call **1-800-867-2953**.

Or, apply online at **MutualDirect-Legion.com**.



Underwritten by
United of Omaha Life Insurance Company
Companion Life Insurance Company
Mutual of Omaha Affiliates



¹ Ages 50 to 75 in NY.

² Once your application has been received with your first month's premium, we will review and accept it.

³ Based on 12 months of rolling data for policies \$2,000-\$25,000 after all required documentation is received; excludes claims made within 24 months from policy issue date.

This is a solicitation of individual insurance. A licensed insurance agent/producer may contact you by telephone. These policies contain benefits, reductions, limitations, and exclusions.

During the first two years, the death benefit is 110% of all premiums paid.

Whole life insurance is underwritten by United of Omaha Life Insurance Company, 3300 Mutual of Omaha Plaza, Omaha, NE 68175, which is licensed nationwide except NY. Life insurance policies issued in NY are underwritten by Companion Life Insurance Company, Melville, NY 11747. Each underwriting company is responsible for its own financial and contractual obligations and shares a financial interest with The American Legion in this program. This policy is available to people not affiliated with The American Legion. Not available in all states. Benefit amounts may vary by state. Policy Form ICC18L198P or state equivalent (D787LFL19P in FL, 1002Y-0119 in NY).

The Navy, Marine Corps and Air Force met their fiscal 2022 recruiting goals but had to tap their delayed entry applicant pools, putting them behind at the start of the new recruiting year.

diversify their workout routines. Long gone are the days soldiers simply went on runs and knocked out a few push-ups. Today, the soldiers commonly incorporate CrossFit workouts into their daily routines and often supplement with long stretching sessions, yoga and martial arts – all of which have a place in basic training.

Army planners and lawmakers have gone back and forth on the test and how it affects women, as well as whether combat arms jobs such as infantry and cavalry scouts should be graded with higher standards. An earlier version of the test found that roughly half of the servicewomen could not pass it, and only a small minority could achieve high scores. Much of that issue was attributed to the leg tuck, an exercise in which soldiers do a pull-up and touch their elbows to their knees. That event was sidelined in favor of the plank. Women make up 18% of the Army, and service planners were anxious about what could have been a devastating blast to the force just as female servicemembers are gaining ground in the ranks.

Congress ordered the Army to review the test yet again, demanding gender-neutral standards for combat arms jobs – meaning men and women would be graded on the same scale. The early version of the ACFT the Army was testing originally graded a soldier based on job, with infantry needing to hit a higher standard than administrative roles like public affairs. But Army planners found that quickly confused things, and raised questions such as if a medic would be scored based on their job or whether they serve in an infantry unit versus a hospital, or an infantry soldier serving as a recruiter.

The Army is eyeing a separate physical fitness test specifically for expert soldier, infantry and medical badges. Those awards are granted to troops who complete a

gauntlet of combat tasks like earning top shooting scores and demonstrating their ability to treat casualties. That new test, which has yet to be implemented, is expected to involve a series of sprints, sandbag lifts and a run, among other challenges.

Soldiers also must have their body fat measured throughout the year, usually 30 days after a fitness test. The Army has long used the so-called “tape test,” which uses a measuring tape on a soldier’s neck and abdomen and their body weight to calculate their body mass index (BMI). That method has long been maligned as outdated and inaccurate.

The Army recently completed a study involving roughly 2,600 soldiers on the best means to measure body fat and found the tape test to effectively be good enough. That means of measurement is only about 65% accurate, with 34% of soldiers who might be otherwise overweight getting a pass with the forgiving test. Only 1% of soldiers are unfairly categorized as overweight. The service is expected to make small tweaks to how it uses a tape measure on a soldier’s body, in order to at least marginally increase accuracy.

One major change the Army recently made was allowing soldiers who score 540 out of 600 on the ACFT to be excused from having their body fat measured. A score that high almost guarantees a high level of fitness and shows the soldier can run long distances, sprint and lift heavy weights.

The military’s answers to recruiting shortfalls are largely adapting to where society is. If the Pentagon wants to fill the ranks, it has to do so with the population it has. The obesity crisis shows no signs of slowing down, which is only going to make recruiting more and more difficult. The Army might have an answer here, but it will likely require expansion as time goes on. 🌿

Steve Beynon is a reporter for Military.com based in Washington, D.C. An Afghanistan war veteran, he served over a decade as a cavalry scout and is currently a noncommissioned officer in the Army National Guard.

E-Mail

OUT of ORDER

We're at risk of losing all that America and its allies built in the wake of World War II.

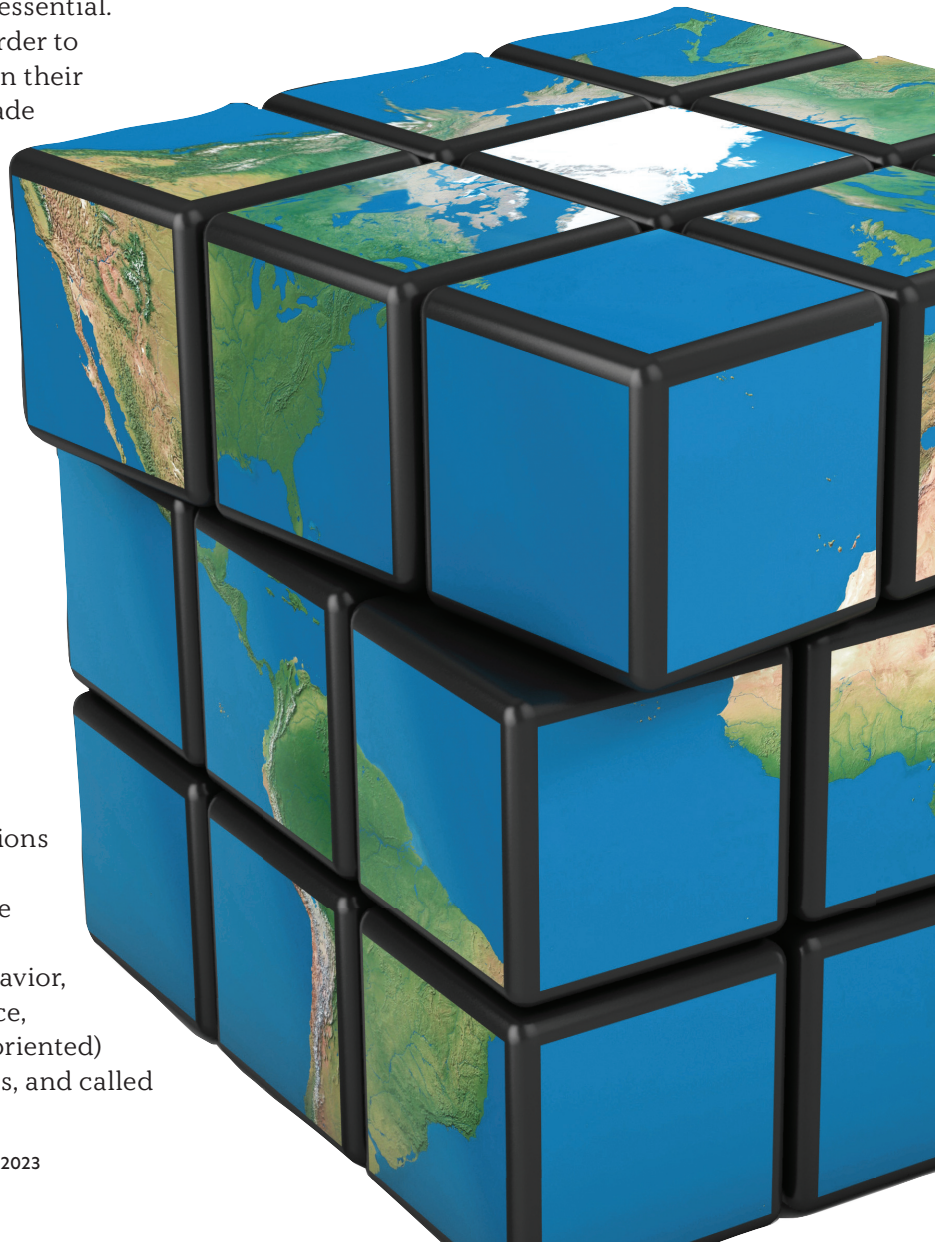
BY ALAN W. DOWD

From Crimea and COVID to Kabul and Kiev, recent events remind us that the natural order of the world is not all that orderly. That's a problem because order is essential. Nations need some modicum of order to organize and sustain society within their borders, to conduct commerce, trade and other affairs across their borders, to keep the peace along their borders, and to preserve civilization beyond their borders.

Of course, too much order is not good. That's known as tyranny. But too little order is just as bad; that's chaos. In the international system they built from the rubble of World War II, the United States and its closest allies offered a happy and healthy medium between those extremes. That postwar order is under sustained assault today.

Foundations Some call it the “rules-based democratic order,” others the “liberal international order.” These terms may seem esoteric, but they are just descriptions of how America and its allies have tried to make the world work in the decades since World War II. They developed rules and norms of behavior, encouraged democratic governance, promoted liberal (open, freedom-oriented) political and economic institutions, and called

upon governments to live up to their responsibilities by promoting good order within and across their borders.



Key features of the liberal international order

- Respect for territorial integrity
- Opposition to changing international borders by force or coercion
- A preference for peacefully resolving disputes between countries
- Strong international institutions
- Respect for international law and human rights
- A preference for free markets and free trade
- Treatment of international waters, international air space, outer space and cyberspace as international commons

Source: Congressional Research Service

The process of building this liberal international order began in August 1941, when President Franklin Roosevelt and Prime Minister Winston Churchill unveiled the Atlantic Charter, which envisioned a new international system premised on self-government, respect for

borders and sovereignty, rule of law, human dignity, free trade and freedom of the seas. These ideas were their blueprint for a durable and just postwar peace – what FDR called “the foundation for an international accord that would bring order and security after the chaos of the war.”

Contrary to those who dismiss the liberal international order as some gauzy outgrowth of 1990s-era globalism, key American statesmen considered it an essential part of America’s security throughout the postwar era.

Gen. George Marshall explained that “we fought to prevent Germany and Japan from imposing their kind of order on the world” – and that under what he called the

“cooperative idea of global order,” America and its allies would defend “a set of rules for global conduct.”

President Harry S. Truman adopted a policy that committed America “to bring about order and justice by means consistent with the principles of freedom and democracy.” Toward that end, his administration forged NATO, rescued South Korea and West Berlin, signed the Universal Declaration of Human Rights, promoted the General Agreement on Tariffs and Trade and other tariff-lowering initiatives, and fielded a large peacetime military to buttress the postwar order.

Likewise, President Ronald Reagan redoubled investment in deterrent military strength, renewed America’s commitment to NATO, wielded U.S. might to enforce international law in the Mediterranean Sea and Persian Gulf, used the bully pulpit and economic big stick to promote human rights, unveiled a free-trade zone spanning North America, and committed the United States to defend “a peaceful, prosperous and humane international order.”

Each of these leaders recognized that the liberal international order sustains U.S. power – and must be sustained by U.S. power.

Enemies If the free world proves unable today to follow the example set by those men, hostile regimes will replace the liberal order with something less liberal and less orderly.

“The present order will last only as long as those who favor it and benefit from it retain the will and capacity to defend it,” historian Robert



Kagan observes. “Every international order in history has reflected the beliefs and interests of its strongest powers. And every international order has changed when power shifted to others with different beliefs and different interests.”

Xi Jinping’s China and Vladimir Putin’s Russia are working hard to upend the liberal international order.

Xi and Putin issued a joint statement describing a “transformation of the global governance architecture and world order.” Xi vows to forge “a more just and reasonable new world order.” Putin’s foreign ministry boasts that Russia is shaping “the contours of a new world order.” Dismissing how “the West is insisting on a rules-based order,” Putin mockingly asks, “Who has ever seen these rules? Who agreed or approved them?” Russia, he barks, “is not going to live by such makeshift, false rules.”

To get a sense of what an international order shaped by Xi’s China and Putin’s Russia would look like, look at China and Russia. At home, Putin has jailed, poisoned and killed political opponents, muzzled independent media, and replaced the rule of law with the law of one-man rule. Abroad, he has launched wars of aggression against democratic Ukraine and democratic Georgia, committed war crimes across Ukraine and Syria, and propped up regimes that gas (Syria) and starve (Venezuela) their own people. Moscow armed Taliban forces waging war against NATO peacekeepers operating under U.N. mandate, attacked America’s energy infrastructure, and lobbed military threats at democratic governments in Moldova, Norway, Poland, Finland and Sweden.

Within China, Xi has erected an Orwellian surveillance state, engaged in genocide against Uighur Muslims, imprisoned bishops and Nobel Peace Prize laureates, and turned entire cities into quarantine camps in a hopeless effort to control a virus via government coercion. Beyond his borders, he has erased Hong Kong’s independence; attacked democratic India, threatened attacks against democratic Taiwan and massively expanded his nuclear-strike capabilities. Beijing also has conducted a relentless cybersiege of the free world, unleashed through incompetence a crippling global

Peace dividends

Before America and its allies began building the liberal international order, major powers “frequently engaged in direct warfare on a massive scale, as in the Napoleonic Wars, World War I and World War II,” write Ash Jain and Matthew Kroenig of the Atlantic Council. Armed conflict killed an average of 1% to 2% of the world’s population from 1600 to 1945; during the Cold War, an average of 0.4% perished due to war. “Since the year 2000, less than one one-hundredth of 1% of people have died this way.”

pandemic, illegally claimed a vast swath of the South China Sea and built militarized islands to back up those claims.

“We are now facing two global powers,” says Joint Chiefs Chairman Gen. Mark Milley, “who intend to fundamentally change the rules-based current global order.”

China and Russia aren’t alone. They serve as benefactors of North Korea, Iran, Afghanistan, Syria, Nicaragua, Venezuela, Cuba and Belarus. Given their past behavior and future goals, North Korea, Iran and Taliban-controlled Afghanistan stand out among this group.

North Korea has a terrifying vision to turn Seoul into “a sea of fire,” “sink” Japan “into the sea,” and “reduce the U.S. mainland into ashes” – and the nukes and missiles to make that vision a reality.

Iran envisions the elimination of Israel and is acquiring a nuclear arsenal to bring that about. Iran also foments revolution in Yemen and Bahrain, bankrolls terror groups in Syria, Iraq and Lebanon, attacks commercial and military vessels in international waters, and targets U.S. personnel and bases.

The Taliban has retaken Afghanistan – not a comforting thought given what happened the last time the Taliban ruled that forever-broken land. Recall that al-Qaida used Afghanistan as a launchpad for attacks against two pillars of the liberal international order: the U.S. military and the global financial system.

The nations in this bloc of tyrant regimes have different political structures and different

“I haven’t been this excited since I got my first bicycle!”

Introducing **ZOOMER!**

The portable, folding, battery-powered chair that offers easy one-handed operation

Remember when you were a child and got your first bicycle? I do. It gave me a sense of independence . . . I felt like I could go anywhere, and it was so much easier and more enjoyable than walking. Well, at my age, that bike wouldn’t do me much good. Fortunately, there’s a new invention that gives me the freedom and independence to go wherever I want . . . safely and easily. It’s called the **Zoomer**, and it’s changed my life.

My Zoomer is a delight to ride! It has increased my mobility in my apartment, my opportunities to enjoy the out-of-doors, and enabled me to visit the homes of my children for longer periods of time. The various speeds of it match my need for safety, it is easy to turn, and I am most pleased with the freedom of movement it gives me.

Sincerely, A. Macon, Williamsburg, VA

After just one trip around your home in the **Zoomer**, you’ll marvel at how easy it is to navigate. It is designed to maneuver in tight spaces like doorways, between furniture, and around corners. It can go over thresholds and works great on any kind of floor or carpet. It’s not bulky or cumbersome, so it can roll right up to a table or desk– there’s no need to transfer to a chair. Its sturdy yet lightweight aluminum frame makes it durable and comfortable. Its dual motors power it at up to 3.7 miles per hour



and its automatic electromagnetic brakes stop on a dime. The rechargeable battery powers it for up to 8 miles on a single charge. Plus, its exclusive foldable design enables you to transport it easily and even store it in a closet or under a bed when it’s not in use.

Why spend another day letting mobility issues hamper your lifestyle? Call now and find out how you can have your very own **Zoomer**.

Now available with sporty two-arm lever steering (Zinger Chair)



journey
zoomer

Call now toll free and order one today!

1-888-691-0345

Please mention code 118054 when ordering.

mobility | sleep | comfort | safety

enjoying life never gets old™

journey
HEALTH & LIFESTYLE

The Zoomer and Zinger Chairs are personal electric vehicles and are not medical devices nor wheelchairs. They are not intended for medical purposes to provide mobility to persons restricted to a sitting position. They are not covered by Medicare nor Medicaid. © 2022 Journey Health and Lifestyle



economic systems, which is to say, they aren't bonded in the same way the communist world was during the Cold War. However, these regimes are working together to destroy the liberal international order. Russia is delivering oil and gas to Taliban-controlled Afghanistan. Afghan soldiers are joining up with Russian mercenaries fighting in Ukraine. Iran has shipped combat drones to Russia and deployed trainers to Russian-occupied Ukraine. The new leader of al-Qaida is based in Iran. Pyongyang has sent artillery shells to Moscow. China is exporting drones to Russia for use over Ukraine. And China has increased its purchase of Russian oil and gas, thus underwriting Putin's war in Ukraine.

Critics Pointing to all the chaos spread by those regimes, some critics of the liberal international order argue that there's really no such thing as international order – that it's all just an exercise in crisis management.

Let's stipulate that the best we can do is manage crises as they emerge. How exactly do we do that without some baseline idea of what we want the world to look like after a crisis is resolved? And isn't that baseline idea – that crisis endpoint – another name for a kind of order?

Moreover, how can we marshal the resources necessary to address the crises triggered by our enemies – the Berlin blockade, the 9/11 attacks, the COVID pandemic – without the wealth generated by a stable system of international commerce? And wouldn't such crises – North Korea's invasion of South Korea, Iraq's invasion of Kuwait, Russia's invasion of Ukraine – be more destructive without alliances and institutions in place to serve as firewalls?

Since "there will always be differences of interest," President Dwight Eisenhower observed, "there must be some source of international order." Importantly, Eisenhower viewed America's "collective-defense arrangements" as "the best and most effective means of preserving world order."

Some dismiss these arrangements – and the liberal order they buttress – as a euphemism for allies free-riding on U.S. military muscle. While it's true that some countries punch below their weight, Britain, France, Poland, Israel, Japan,

Taiwan, South Korea and Australia are helping America shoulder the burdens of maintaining the liberal international order. Stung into action by Putin's war in Ukraine, Germany finally realizes there's no room in the free world for free-riders. NATO is pouring resources into protecting Eastern Europe. Allies across the Americas, Europe and Indo-Pacific are helping Ukraine, punishing Putin and giving Xi pause.

Far from being a chain dragging America into wars or a drain on our treasury, these alliances create lines of defense beyond our shores, generate material and diplomatic support for U.S. leadership around the world, and serve as force multipliers for U.S. power. Indeed, the free world's multifaceted response to the war in Ukraine is a dramatic example of the liberal international order in action – and the staggering power its guardians can wield when they work together.

Costs There are costs to maintaining a liberal international order. But the costs of a world that's out of order are higher. As Milley recently detailed, the collapse of the liberal order would mean doubling U.S. defense budgets and likely "an era of great-power conflict."

The era predating the liberal international order reminds us of what the world is like when democracies don't work together, when no one is willing to enforce rules of the road, when there really is no international order. Pointing to the 26,000 U.S. troops killed in 47 days during the Great War's Battle of Meuse-Argonne, to the 57,000 U.S. troops killed in an eight-week span in the summer of 1944, to the 150 million people killed between 1914 and 1945, Milley concludes, "That's what this international order that's been in existence for seven and a half decades is designed to prevent."

Adds Gen. James Mattis, "The postwar rules-based international order is the greatest gift of the Greatest Generation."

The free world has the power to preserve this precious gift. What remains to be seen is if it has the will. 🌿

Alan W. Dowd is a senior fellow with the Sagamore Institute Center for America's Purpose.

The Bracelets That Italy Can't Get Enough Of

Own the jewelry that's the toast of Italy

Raffinato®
—Italy



"The renown of Italy's jewelry, with its sensual beauty and extraordinary craftsmanship, is founded on the goldsmithing skills passed down through generations." – The New York Times



I guess I was a little bored. For the past hour, I'd been on the phone with Daniele, the head of my office in Italy, reviewing our latest purchases of Italian gold, Murano glass and Italian-made shoes and handbags.

"Daniele," I said, "What is the hottest jewelry in Italy right now?"

His reply? Woven gold bracelets studded with gems. He texted me some photos and I knew immediately that this was jewelry that Raffinato just had to have.

RAFFINATO IS ONE OF AMERICA'S LARGEST RETAILERS OF ITALIAN-MADE JEWELRY

Presenting the Italiano Fantasia Bracelets, two designs that are prime examples of Italy's finest artisanship. Each of these bracelets includes more than 20 brilliant cut gems of DiamondAura®, our Ultimate Diamond Alternative®, in a setting finished with 18 karat Italian gold.

What is DiamondAura®? Why, it's a sparkling marvel that rivals even the finest diamonds (D Flawless) with its transparent color and clarity: Both are so hard they can cut glass. Don't believe me? The book "Jewelry and Gems: The Buying Guide," praised the technique used in our diamond alternative: "The best diamond simulation to date, and even some jewelers have mistaken these stones for mined diamonds," it raved.

The best part about these bracelets? The price. Because of our longstanding connections in Arezzo, the mecca of Italian goldsmithing, we can offer both bracelets together for just \$99, a fraction of the price you'll pay anywhere else for similar jewelry.

Order today. These bracelets are one of our hottest sellers this year, and with disruptions in the supply chain, we can only guarantee that we have 1,273 861 of these bracelets on hand for this ad.

Make the next gift you give your loved one a trip to Italy with the Italiano Fantasia Bracelets, stunning accessories that are sure to turn heads.

Jewelry Specifications:

- Made in Arezzo, Italy. 18k gold finish
- DiamondAura®, the Ultimate Diamond Alternative®
- Fit wrists up to 7 1/4"

Italiano Fantasia Bracelet Collection

- | | |
|-----------------------------|---|
| A. X Bracelet (1/4 ctw) | -\$399 \$59* + S&P Save \$340 |
| B. Woven Bracelet (1/3 ctw) | -\$299 \$59* + S&P Save \$240 |
| Set of Both | -\$698 \$99* + S&P Save \$599 |

**Special price only for customers using the offer code.*

1-888-444-5949

Your Insider Offer Code: RFX187-01

Raffinato, 14101 Southcross Drive W., Ste 155, Dept. RFX187-01, Burnsville, MN 55337 www.raffinatoitaly.com

Raffinato® | IMPECCABLE ITALIAN DESIGN AND CRAFTSMANSHIP

Task Force Movement

Legion-backed effort aims to fill gaps in truck driving, cybersecurity.

BY JEFF STOFFER

Veterans and military personnel on the brink of transition have clearer pathways than ever to strengthen the economy and protect national security, Task Force Movement Chairman Patrick J. Murphy told Legionnaires at the Washington Conference in late February.

Photo by Hilary Ott

Task Force Movement (TFM) was not even five months old last summer when Chairman Patrick J. Murphy, the first Operation Iraqi Freedom veteran elected to Congress, announced to The American Legion that its mission was expanding beyond commercial truck driving and into another realm of dire need in the U.S. economy: cybersecurity.

Launched by the White House in April 2022, TFM initially aimed to fast-track and assist transitioning military personnel, veterans and spouses into a trucking industry hungry for drivers. As a snarled supply chain chugged through the COVID economy – and the U.S. military continued to discharge more than 200,000 personnel a year – the task force’s aim paired well with The American Legion’s long push to improve the landscape for veterans seeking careers in specialized fields that require specific licenses and certifications. In many cases, veterans already have the training from their service time for advanced placement.

The Legion has a seat on the TFM steering committee – along with over two dozen stakeholders from industry, government, education, the military and labor, giving the task force a diverse mix.

The product “is probably the most successful private-public partnership of this administration

in the past year,” Murphy says. “When you have hundreds of partners coming together, raising over \$11 million mostly from the private sector, to establish a scholarship program to allow veterans and military spouses to earn their commercial driver’s licenses – to really make a dent in the shortage of truck drivers (who deliver) 99% of goods – that’s pretty impressive. It has been an incredible public-private partnership with academia, with nonprofits, the private sector, Fortune 500 companies ... stepping forward on behalf of our brothers and sisters.”

TFM is now taking aim at the cybersecurity shortage, which has some 60,000 openings in government and as many as 700,000 opportunities in other sectors.

The task force met in December and April to continue building on its first year, not only for military families in transition but also for Afghan refugees with Special Immigrant Visas who assisted U.S. forces in the global war on terrorism.

Murphy recently spoke with *The American Legion Magazine*.

132

Industry stakeholders working to connect veterans with careers in trucking and cybersecurity through Task Force Movement

ALL-NEW mobility technology

Introducing the world's lightest mobility scooter with anti-tip technology

*The **So Lite™ Scooter** is easy to transport and almost impossible to tip over.*

Like millions of older Americans, I struggle with mobility. For years, I watched my quality of life slip away, as I was forced to stay home while friends and family took part in activities I'd once enjoyed. I thought I'd made some progress when I got a mobility scooter, but then I realized how hard it was to transport. Taking it apart and putting it back together was like doing a jigsaw puzzle. Once I had it disassembled, I had to try to put all of the pieces in the trunk of a car, go to wherever I was going, and repeat the process in reverse. Travel scooters were easier to transport, but they were uncomfortable and scary to drive, I always felt like I was ready to tip over. Then I found the **So Lite™ Scooter**. Now there's nothing that can hold me back.

Years of work by innovative engineers have resulted in a scooter that's designed with seniors in mind. They created Electronic Stability Control (ESC) that makes it virtually impossible to tip over. If you try to turn too quickly, the scooter automatically slows down to prevent it from tipping over. The battery provides powerful energy at a fraction of the weight of most batteries. With its rugged yet lightweight aluminum frame, the **So Lite™ Scooter** is the most portable scooter ever—but it can hold up to 275 pounds—yet



Why a So Lite™ Scooter is better:

- Latest "No-Tip" Technology
- Folds and locks in seconds
- Lightweight yet durable
- Easier to operate

weighs only 40.8 pounds without the battery! What's more, it easily folds up for storage in a car seat, trunk or even on an airplane. It folds in seconds without tools and is safe and reliable. Best of all, it's designed with your safety in mind, from the newest technology and superior craftsmanship. Why spend another day letting your lack of mobility ruin your quality of life? Call now and find out how you can get a **So Lite™ Scooter** of your very own.



Exclusive Electronic Stability Control helps prevent tipping

journey
solite Scooter

Call now Toll-Free

1-888-720-0266

Please mention code 118055 when ordering.



mobility | sleep | comfort | safety

enjoying life never gets old™

journey
HEALTH & LIFESTYLE

© 2023 Journey Health and Lifestyle

85684

How urgent is the challenge facing Task Force Movement?

We're sucking wind when it comes to American truck drivers. We are 80,000 short, and we are 60,000 short of cybersecurity professionals. When we're in a competition against China, we need our brother and sister veterans to step forward to become truck drivers or go into cybersecurity, to protect our families.

How are veterans a good fit for the cybersecurity shortage?

A major pain point with cybersecurity is getting a security clearance. When you have over 200,000 active troops who become veterans every year – who already have security clearance – that's a great talent base to pull from. That's why we're giving them a pathway to these family-sustaining jobs that will protect our companies here in America against intellectual property theft (from) China and other rogue nations.

How has TFM been able to make such progress so quickly?

Right from the jump, when we got Indeed and the U.S. Chamber of Commerce to give \$5 million to launch the Drive for 500 – the first 500 scholarships – all those veterans went through the program successfully. They all got jobs in trucking. We then followed up with about \$6 million in private-sector scholarships and about \$3 million in federal government scholarships through the Department of Transportation.

How do these civilian opportunities influence propensity to serve in the U.S. Armed Forces?

I tell people, whether they did two years or 20 years in the military, it's going to change your life for the better. You don't have to be a general or an admiral. You can get out as a sergeant. You can get out as a captain, like I did, and go do great things. That is what is expected from years of building character.

How can The American Legion help the TFM mission?

The biggest challenge is making sure we utilize the incredible power of The American Legion and Legionnaires of every walk of life. We need Legionnaires to step forward and say, "Hey, if you're transitioning out, making \$72,000 a year on average as a truck driver – and you will still be home for dinner – it's a good thing. Or, if you have security clearance, why don't you use your GI Bill to get certification in cybersecurity?" There are incredible opportunities out there – family-sustaining jobs for decades to come – for our brother and sister veterans who are transitioning out. We need Legionnaires to help be a part of the solution, recruiting the next generation of cybersecurity professionals, truck drivers and young Americans who will serve our country – and become Legionnaires. 🌿

Jeff Stoffer is editor of The American Legion Magazine.



Drive for 500

In May 2022, just weeks after Task Force Movement was formed, the international job-search web platform Indeed joined forces with the U.S. Chamber of Commerce Foundation's Hiring Our Heroes, TransForce Group and Troops Into Transportation to launch "Drive for 500."

The mission: 500 full-ride commercial driver's license training scholarships for veterans, National Guard and reserve troops, and spouses. The result: mission accomplished.

Drive for 500 was immediately aligned with TFM and showed "we collectively can solve the challenges our transportation industry is facing, and we can help them find some of the very best employees with our military-connected community," said Eric Eversole, president of Hiring Our Heroes and vice president of the U.S. Chamber of Commerce.

Learn more about Task Force Movement

Explore opportunities to participate as a partnering organization, agency, company or educational institution at taskforcemovement.org.



Send just \$2.95 for shipping and guaranteed delivery.

Yours FREE!

“Saigon Under Attack!”

50th Anniversary Coin

Now own an exclusive Nuncirculated US half dollar enhanced by Mystic to commemorate the Battle of Saigon. Yours FREE – just send \$2.95 for shipping and guaranteed delivery.

Send today and you'll also receive special collector's information and other interesting coins on approval. Your satisfaction is guaranteed.

“Saigon Under Attack!” Coin

☒ **Yes!** Send me the “Saigon Under Attack!” coin. Enclosed is \$2.95 for shipping and guaranteed delivery. Satisfaction guaranteed. Strict limit of one coin.

Quick order at MysticAd.com/EJ123

Name _____

Address _____

City _____

State/Zip _____

☐ Check or money order

☐ Visa ☐ MasterCard

Exp. Date ____/____/____

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Please send payment to: Mystic, Dept. EJ123
9700 Mill St., Camden, NY 13316-9111

IF YOU'RE A VETERAN WEARING ADULT DIAPERS TO CONTROL URINARY INCONTINENCE, YOU ARE NOT ALONE

“I can keep doing what I want to do, without having to worry about running to the bathroom or changing my clothes. It's a Godsend.”

— John, Men's Liberty user



Did you know that over 18%¹ or almost twice as many men with military service experience urinary incontinence?

If you're a veteran looking for urinary incontinence solutions for daily leaks or as a result of an injury while serving our country, Men's Liberty™ can help you get out of absorbent products, condom catheters or pads and start living your life without letting incontinence get in your way.

	MEN'S LIBERTY	ADULT DIAPERS
Keeps you dry 24/7?	YES Can be worn comfortably, cleanly and securely for up to 24 hours	NO Must be changed regularly when they fill up or overflow — often every few hours
Directs urine away from the skin?	YES Completely external design collects fluid into a discreet pouch — leak-free	NO Traps moisture which stays in contact with skin causing discomfort or infection
Reduces the risk of infections?	YES More than 5 million Men's Liberty units have been sold, with reduced risk of infections or skin injuries	NO High incidence of diaper rash, sores, yeast infections and dermatitis
Invisible under clothing?	YES Men's Liberty is unnoticeable — only you know it's there	NO Awkward diapers can be ill-fitting, bulky and uncomfortable
Little to no out-of-pocket cost?	YES Covered by Medicare, most Medicaid plans, many private insurance plans, workers compensation and VA/Tricare	NO Adult diapers are not covered by Medicare, costing users up to \$300 a month

Live your life on your own terms — not in diapers!

FREE INFORMATION. FREE BONUS OFFER.

Find out how to receive Men's Liberty at little or no cost to you.
Plus receive a FREE Bonus week's supply with your order*.



1-888-756-1793

www.MensLiberty.com/Magazine



*30 days supply or more. Standard co-pays and deductibles apply

©2022 BioDerm, Inc. All rights reserved. BioDerm™ and FreeDerm™ are registered trademarks of BioDerm, Inc. Men's Liberty™, BioPlus+™, and KindKlamp™ are trademarks of BioDerm, Inc. Men's Liberty US patent #7,896,857, #8,551,062, and #10,022,261. International patents Japan #4939422, Canada #3058756 and EP(UK/NL) #3576688.

¹Vaughan CP, Johnson TM 2nd, Goode PS, Redden DT, Burgio KL, Markland AD. Military exposure and urinary incontinence among American men. J Urol. 2014 Jan; 191(1):125-9. doi: 10.1016/j.juro.2013.07.016. Epub 2013 Jul 16. PMID: 23871759.

LT 70067 A



Robin Johnson kicks off the first show of the 10-city Operation HEAL*ARIOUS tour produced by the Best Medicine Brigade.

Photo by Jennifer Blohm

Operation HEAL*ARIOUS

Comedy tour seeks America's funniest veteran or military spouse, promotes The American Legion's Be the One initiative.

BY HENRY HOWARD

For retired Army Lt. Col. Robin Johnson, comedy is the best medicine.

Humor has not only helped her heal personally, but it's the focal point of her mission to assist other veterans in their own healing and transition to civilian life. Johnson is founder of the Best Medicine Brigade and executive producer for Operation HEAL*ARIOUS, which is conducting a 10-city U.S. tour to find America's best comedian who is a servicemember, veteran or military spouse. Headlining the tour is American Legion Tango Alpha Lima podcast co-host Ashley Gutermuth, a member of the American Legion Auxiliary.

Army veteran Chris Karwoski won the first round April 1 at the National Veterans Memorial and Museum in Columbus, Ohio. He'll compete against nine other winners from around the country at the HEAL*ARIOUS finals at Hollywood Post 43 in November.

The tour is bringing attention, too, to The American Legion's Be the One initiative to reduce veteran suicide. Therapy through art forms like comedy can be a lifeline for veterans, says Johnson, who is a member of American Legion Post 166 in Goose Creek, S.C. As the HEAL*ARIOUS tour kicked off, she talked with *The American Legion Magazine* about the Legion's support and how comedy changed her life.



AMERICA'S #1 STAIRLIFT BRAND

**AN ACORN STAIRLIFT IS THE
PERFECT SOLUTION FOR:**

- ✓ Arthritis/COPD sufferers
- ✓ Those with mobility issues
- ✓ Anyone who hurts using the stairs



CALL TO SAVE

**CALL TODAY & RECEIVE
\$250 OFF
TOWARD THE PURCHASE
OF AN ACORN STAIRLIFT!***

**Plus receive your FREE stairlift
buying guide, info kit & DVD!**

**SPECIAL
OFFER
FOR
VETERANS**

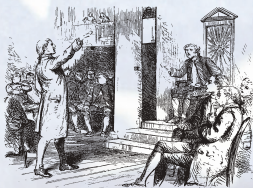


**CALL NOW
AND SAVE! 1-866-695-5426**

*Not valid on previous purchases. Not valid with any other offers or discounts. Not valid on refurbished models. Only valid towards purchase of a NEW Acorn Stairlift directly from the manufacturer. \$250 discount will be applied to new orders. Please mention this ad when calling. AZ ROC 278722, CA 942619, MN LC670698, OK 50110, OR CCB 198506, RI 88, WA ACORNSI8940B, WV WV049654, MA HIC169936, NJ 13VH07752300, PA PA101967, CT ELV 0425003-R5, AK 134057. HIC.0656293

IT'S FINALLY HERE

THE LONG AWAITED *"LIBERTY OR DEATH"* SERIES



"Give Me Liberty or Give Me Death!" These famous words have echoed for hundreds of years as the unofficial battle cry of the American people, giving a great amount of influence in helping to shape our great nation! We here at Paramount Rare Coin have partnered with Numismatic Guarantee Company (NGC) to give you this highly awaited piece of history, **exclusive only to Paramount and its customers**. Contact us today to own your piece of American history with the brand new "Liberty or Death" series.



**CALL US NOW WHILE SUPPLIES LAST!
844-218-7103**

\$1 SILVER EAGLE STARTING AT \$24.95



Paramount R.C.C., L.L.C. • paramountrcc.com • 230 Country Lane Dr. Lumberton, TX 77657 • 844-218-7103



Price and premiums are subject to change in response to market conditions. Availability is not guaranteed. Coin images are for representation and are not to scale. Starting price stated is with the purchase of the 2023 \$25 Gold Eagle Pictured above.

VV# ALPR0623

You're an Army retiree, serving 26 years with five tours to Afghanistan and Iraq. How did you get involved in comedy?

The transition out of the military was hard, and I didn't have very good coping skills or a plan at that time. It was during COVID, so I felt very alone. I found a comedy boot-camp class that really cheered me up. I thought, "If this can do this for me, it can do it for other people." It helped me climb out of that state of depression, and the rest is history. We're going to heal every veteran we can with humor.

How has comedy helped you?

There was something pent-up inside me that I just could not get rid of, and I was taking it out on my family, hurting my marriage. And when I started laughing, it all just released and went away. Every time I would do comedy, I was just a little bit less angry than I was the day before. Now I have so much more peace.

At the end of the 10-city tour, what would success look like to you?

Really, this tour is about letting people know we're offering free humor programming to them, and it really will help. Not to say that traditional therapy isn't great, but this is less intimidating in some ways ... a little less complicated but also a lot of fun. We have a website, **healarious.org**, where we post upcoming sessions. They are mostly virtual, so they can do it from the comfort of their homes in their pajamas, yoga pants, whatever.

What does The American Legion's support for the tour mean to you?

Having The American Legion be our partner means my life has come full circle. It was the only social hub in my town, so I grew up listening to the stories of servicemembers, and they inspired me to serve. I was a member of Post 444 in New Knoxville, Ohio, for two decades. I just transferred my membership to where I retired (Goose Creek). I really love it. I also love that the Legion is dedicated to suicide prevention. It's something we both care about, and we're not just talking about it. We're putting action into it.

The Be the One initiative is the Legion's top priority right now. What should veterans know about it?

The Be the One campaign is so compelling and authentic because it really starts with us, with you ... 'Be the One' to check on somebody, check on your battle buddy and make sure they're OK. It's simple. It's personal. It gives us some accountability and responsibility as veterans to look after one another.

Henry Howard is deputy director of media and communications for The American Legion.

Army veteran Chris Karwoski delivers a first-place performance.
Photo by Jennifer Blohm



TOUR DATES, VIDEOS AND MORE

Watch a video from the first comedy tour stop: **legion.org/legiontv**

Get Operation HEAL*ARIOUS tour dates and learn more about the Best Medicine Brigade: **bestmedicinebrigade.com**

Listen to or view American Legion podcast episodes featuring guest Robin Johnson and co-host Ashley Gutermuth: **legion.org/tangoalphalima**

Download promotional resources for your Be the One event: **legion.org/betheone/resources**

Marine Corps veteran Doug Bennett delights the crowd between acts.
Photo by Jennifer Blohm



Will This Strange Antarctic Squid Solve America's Memory Crisis?

New Deep Sea Discovery Proven to Be The #1 Natural Enhancer of Memory and Focus

Half a mile beneath the icy waters off the coast of Argentina lives one of the most remarkable creatures in the world.

Fully grown, they're less than 2 feet long and weigh under 10 pounds...

But despite their small size, this strange little squid can have a bigger positive impact on your brain health than any other species on the planet.

They are the single richest source of a vital "brain food" that 250 million Americans are starving for, according to a study published in the British Medical Journal.

It's a safe, natural compound called DHA — one of the building blocks of your brain. It helps children grow their brains significantly bigger during development. And in adults, it protects brain cells from dying as they get older.

Because DHA is so important, lacking enough of it is not only dangerous to your overall health but could be directly related to your brain shrinking with age.

With more than 16 million Americans suffering from age-associated cognitive impairment, it's clear to a top US doctor that's where the problem lies.

Regenerative medicine specialist Dr. Al Sears, says thankfully, "there's still hope for seniors. Getting more of this vital brain food can make a life changing difference for your mental clarity, focus, and memory."

Dr. Sears, a highly-acclaimed, board-certified doctor— who has published more than 500 studies and written 4 bestselling books — says we should be able to get enough DHA in our diets... but we don't anymore.

"For thousands of years, fish were a great natural source of DHA. But due to industrial fish farming practices, the fish we eat and the fish oils you see at the store are no longer as nutrient-dense as they once were," he explains.

DHA is backed by hundreds of studies for supporting razor sharp focus, extraordinary mental clarity, and a lightning quick memory... especially in seniors.

So, if you're struggling with focus, mental clarity, or memory as

you get older...

Dr. Sears recommends a different approach.

THE SECRET TO A LASTING MEMORY

Research has shown that our paleo ancestors were able to grow bigger and smarter brains by eating foods rich in one ingredient — DHA.

"Our hippocampus thrives off DHA and grows because of it," explains Dr. Sears. "Without DHA, our brains would shrink, and our memories would quickly fade."

A groundbreaking study from the University of Alberta confirmed this. Animals given a diet rich in DHA saw a 29% boost in their hippocampus — the part of the brain responsible for learning and memory. As a result, these animals became smarter.

Another study on more than 1,500 seniors found that those whose brains were deficient in DHA had significantly smaller brains — a characteristic of accelerated aging and weakened memory.

PEOPLE'S BRAINS ARE SHRINKING AND THEY DON'T EVEN KNOW IT

Dr. Sears uncovered that sometime during the 1990s, fish farmers stopped giving their animals a natural, DHA-rich diet and began feeding them a diet that was 70% vegetarian.

"It became expensive for farmers to feed fish what they'd eat in the wild," explains Dr. Sears. "But in order to produce DHA, fish need to eat a natural, marine diet, like the one they'd eat in the wild."

"Since fish farmers are depriving these animals of their natural diet, DHA is almost nonexistent in the oils they produce."

"And since more than 80% of fish oil comes from farms, it's no wonder the country is experiencing a memory crisis. Most people's brains are shrinking and they don't even know it."

So, what can people do to improve their memory and brain function in the most effective way possible?

Dr. Sears says, "Find a quality DHA supplement that doesn't come



MEMORY-RESTORING SENSATION: The memory-saving oil in this Antarctic squid restores decades of lost brain power starting in just 24 hours.

from a farmed source. That will protect your brain cells and the functions they serve well into old age."

Dr. Sears and his team worked tirelessly for over 2 years developing a unique brain-boosting formula called **Omega Rejuvenol**.

It's made from the most powerful source of DHA in the ocean, squid and krill — two species that cannot be farmed.

According to Dr. Sears, these are the purest and most potent sources of DHA in the world, because they haven't been tampered with. "**Omega Rejuvenol** is sourced from the most sustainable fishery in Antarctica. You won't find this oil in any stores."

MORE IMPRESSIVE RESULTS

Already, the formula has sold more than 850,000 bottles. And for a good reason, too. Satisfied customers can't stop raving about the memory-boosting benefits of quality-sourced DHA oil.

"The first time I took it, I was amazed. The brain fog I struggled with for years was gone within 24 hours. The next day, I woke up with the energy and mental clarity of a new man," says Owen R.

"I remember what it was like before I started taking **Omega Rejuvenol**... the lack of focus... the dull moods... the slippery memory... but now my mind is as clear as it's ever been," says Estelle H.

"My mood and focus are at an

all-time high. I've always had trouble concentrating, and now I think I know why," raves Bernice J. "The difference that **Omega Rejuvenol** makes couldn't be more noticeable."

And 70-year-old Mark K. says, "My focus and memory are back to age-30 levels."

These are just a handful of the thousands of reviews Dr. Sears regularly receives thanks to his breakthrough memory formula, **Omega Rejuvenol**.

WHERE TO FIND OMEGA REJUVENOL

To secure bottles of this brain-boosting, buyers should contact the Sears Health Hotline at **1-800-966-5612**. "It takes time to manufacture these bottles," says Dr. Sears. "The Hotline allows us to ship the product directly to customers who need it most."

Dr. Sears feels so strongly about this product, he is offering a 100%, money-back guarantee on every order. "Send back any used or unused bottles within 90 days and I'll rush you a refund," says Dr. Sears.

The Hotline is only taking orders for a limited time. After that, the phone number may be shut down to allow for inventory restocking.

Call **1-800-966-5612** to secure your limited supply of **Omega Rejuvenol**. Readers of this magazine immediately qualify for a steep discount, but supplies are limited. To take advantage of this great offer use Promo Code **AML0M523** when you call.

LORE OF THE LEGION

STORY: LAURA EDWARDS
ART: AUSTIN POWELL
EDITOR: AUGUST UHL

HISTORICALLY, MUSIC HAS HAD MANY WARTIME PURPOSES. TO THE VETERANS OF WORLD WAR I, IT MEANS CAMARADERIE.

NEWLY DISCHARGED VETERANS IMMEDIATELY ESTABLISH DRUM AND BUGLE CORPS AT THEIR AMERICAN LEGION POSTS IN LOCAL COMMUNITIES.



AT THE 3RD NATIONAL CONVENTION IN KANSAS CITY IN 1921, THE ORGANIZATION CONDUCTS ITS FIRST DRUM AND BUGLE CORPS CHAMPIONSHIP. BATTLE CREEK, MICH., TAKES FIRST PLACE.

PARTICIPATION SOARS OVER THE NEXT DECADE.

BY 1933, THE 15TH NATIONAL CONVENTION IN CHICAGO FEATURES 284 CORPS AND A STAGGERING **400,000 MEMBERS WHO PARADE BEFORE MORE THAN 1.5 MILLION SPECTATORS!**

CORPS ARE ESTABLISHED FOR SONS, AUXILIARY MEMBERS AND MORE.

AFTER WORLD WAR II, MANY NEW CORPS FORM ACROSS THE COUNTRY, INCLUDING ONE IN MINNESOTA MADE UP OF FEMALE HORMEL EMPLOYEES - **THE SPAM GIRLS!**

IN TIME, YOUNGER PARTICIPANTS WANT TO INTRODUCE MORE ARTISTRY IN THEIR PERFORMANCES.

BUT THE AMERICAN LEGION PREFERS TO KEEP THE FOCUS ON MILITARY PRECISION.

1971: DRUM CORPS INTERNATIONAL (DCI) IS FORMED BY A GROUP THAT INCLUDES SEVERAL LEGION JUDGES.

1980: THE LEGION CONDUCTS ITS FINAL DRUM AND BUGLE CORPS COMPETITION, AND IN 1982, SEPARATE AMERICAN LEGION COLOR GUARD AND CONCERT BAND COMPETITIONS ARE REINTRODUCED AND CONTINUE TODAY.

2022: THE DCI CHAMPIONSHIPS FEATURE 35 CORPS COMPETING FOR THE WORLD TITLE BEFORE MORE THAN 20,000 SPECTATORS.

ONE TRADITION TRACED TO LEGION ROOTS: TODAY'S DCI TEAMS CARRY THE U.S. FLAG AND COLORS IN THE CHAMPIONSHIP ROUND.



**THE DRUM CORPS INTERNATIONAL
WORLD CHAMPIONSHIPS**
INDIANAPOLIS, INDIANA





NOT HOW YOU WOULD'VE DONE IT

YOU BUNDLE THINGS RIGHT

Like when you bundle your home and auto insurance with USAA and save up to 10%.¹

Visit usaa.com/bundleright to learn more.



¹Savings are off total premium. Not available in all states or in all situations. To qualify, auto policy must be active prior to property issue. Subject to change. Restrictions apply.

Membership eligibility and product restrictions apply and are subject to change.

Property and casualty insurance provided by United Services Automobile Association (USAA), USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, based in San Antonio, Texas; USAA Limited (UK) and USAA S.A. (Europe) and is available only to persons eligible for property and casualty group membership. Each company has sole financial responsibility for its own products.

© 2022 USAA. 287873-0822





Members of Board-Canady American Legion Post 54 in Bedford, Va., have close ties with the nearby National D-Day Memorial, serving as board members, volunteers and tour guides.

Photo by Jill Nance Waugh

Small Virginia town honors D-Day legacy

Just nine minutes into the D-Day invasion on June 6, 1944, the small town of Bedford, Va., lost 19 National Guard soldiers.

Set in the foothills of the Blue Ridge Mountains, Bedford suffered the greatest per-capita loss of any municipality in the United States. In terms of scale, those 19 young lives lost equated to about 46,000 in New York City at the time. The town quickly became a national symbol of sacrifice during World War II.

As survivors of Company A, 116th Infantry Regiment, 29th Division, returned home after the war, life went on in the small town. Families grieved in private. The losses of the 19 "Bedford Boys" weren't discussed in public. No memorials were created.

That changed when the National D-Day Memorial opened in Bedford

"We see the encroachment. We see the tentacles of the PRC in our neighborhood."

Gen. Lara Richardson, commander of U.S. Southern Command, on China's numerous infrastructure projects in Central and South America. Of the 31 nations in SOUTHCOM's area of responsibility, 21 have signed onto Beijing's Belt and Road initiative.

PRC tests Taiwan

Matsu, an island possession of Taiwan that sits much closer to the People's Republic of China than to Taiwan, has had its undersea communications cables cut. As The Associated Press reports, the cables connect the tiny island's 14,000 residents to Taiwan and ultimately to the outside world.

"The National Communications Commission, citing the island's telecom service, blamed two Chinese ships for cutting the cables," according to AP. "A Chinese fishing vessel is

suspected of severing the first cable some 50 kilometers (31 miles) out at sea. Six days later ... a Chinese cargo ship cut the second."

The cables have been severed 27 times over the past five years, and could be an example of what military strategists call "gray zone warfare" - intentional hostile activity made to appear unintentional to avoid triggering military retaliation, or intentional hostile activity calibrated to remain below the threshold that triggers military retaliation.

on June 6, 2001. Serving as the national memorial for American D-Day veterans, it was built as a tribute "to the valor, fidelity and sacrifice of Allied Forces on D-Day, June 6, 1944."

Board-Canady American Legion Post 54, founded in 1919, played a key role in helping build the memorial by raising funds. Members serve as tour guides and regularly arrange tours for American Legion leaders and other groups.

"A lot of the Bedford boys who survived were members of the post, including officers," says Nick Soukhanov, an Air Force veteran and post commander. "We knew them personally."

A mile away from the memorial is the Bedford Boys Tribute Center. While the national memorial focuses on the broader picture of the D-Day invasion, the downtown tribute center is a museum dedicated to telling the story of the town's sacrifice. It occupies the former Green's Drugstore, where young people once gathered to socialize at the soda fountains.

During the war, the drugstore displayed photos of the town's residents serving in uniform. It also



Letters, photographs and other personal effects are on display at the Bedford Boys Tribute Center. Photo by Jill Nance Waugh

housed the Western Union Telegraph machine where name after name began appearing on July 17, announcing another casualty.

At the tribute center, visitors can see the telegraphs, read stories about the individual soldiers and learn more about the town's connection to D-Day.

"I never knew anything about Bedford's contributions to D-Day until after my wife and I relocated here permanently in 1989," Soukhanov says. "It's amazing that this small community had the highest attrition rate. The town has a patriotic tenor. We just kind of blended right in."

Army veteran and Post 54 member James Morrison keeps the Bedford Boys' story alive by volunteering as a memorial tour guide. He's also the author of the book "Bedford Goes to War."

"I've always been very supportive of the military," he says. "This is a chance for me to honor the people who have gone before us. It's of interest to me, but also a way to promote history and honor people."

- Henry Howard

Farewell to the 747, 'Queen of the Skies'

As Boeing delivered the last 747 jumbo jet to its clients earlier this year, *The Wall Street Journal* offered a retrospective of some of the revolutionary jet's feats and features:

- The 747's first flight was in 1969.
- A modified 747 served as a transporter for the space shuttle.
- Since 1990, a modified 747 has served as Air Force One. Known in the military as VC-25s, there are two of these special 747s dedicated to transporting the president.
- The Air Force also flies a 747 variant known as the E-4B, which serves as an airborne operations center and "provides a highly survivable command, control and communications center," an Air Force fact sheet explains.

- A total of 1,574 747 variants were produced.
- As the first "wide body" passenger jet, the 747 can carry as many as 500 passengers.
- British Airways ordered the most 747s of any airline - 94 in all.
- There are 300 cargo variants and 45 passenger variants of the 747 still in service.



ON POINT THE AMERICAN LEGION IN WASHINGTON

ECONOMIC OPPORTUNITY LEGISLATION

"There is a dire need for employment in these sought-after sectors."

American Legion Legislative associate Matthew Brennan, representing the Veterans & Employment Commission, during a hearing March 30 on legislation to make VA's VET-TEC program permanent

The House Committee on Veterans' Affairs, Subcommittee on Economic Opportunity, on March 30 received The American Legion's positions on an array of bills – some in draft status – that affect the economic welfare of veterans and military personnel looking to build civilian careers. Among the measures:

- Make permanent VA's **Veteran Employment Through Technology Education Courses (VET-TEC)** training program, launched as a five-year pilot, to connect student veterans with VA-approved training to acquire high-demand skills and certifications for employment in information science, computer programming and data processing. **Position: support**
- The **Vaccine Discharge Parity Act**, allowing members of the U.S. Armed Forces granted general discharges under honorable conditions on the sole basis of refusing to obey lawful orders to receive a vaccine for COVID-19 to keep eligibility for certain VA educational assistance. **Position: support**
- The **Healthy Foundations for Homeless Veterans Act**, which would permanently authorize funding to improve flexibility to provide help for homeless veterans and for other purposes. **Position: support**
- A **pilot program of short-term paid fellowships** that would offer servicemembers networking, professional training and hands-on experience in the civilian workforce, with the opportunity for full-time employment upon completion. **Position: support**
- **Protections for veterans using VA educational assistance programs** from losing benefits after using those programs in courses of education that are suspended or terminated for certain reasons. **Position: support with amendments**
- **Provide certificates of VA eligibility for GI Bill benefits and award letters** to certain individuals using electronic means. **Position: support**
- **Increase survivors' and dependents' educational assistance** for eligible individuals in the Philippines. **Position: support**
- The **Get Rewarding Outdoor Work for our Veterans (GROW) Act**, which would establish a two-year pilot program to employ veterans in positions that relate to conservation and resource-management activities of the Department of the Interior. **Position: support**
- The **Streamlining Aviation for Eligible Veterans Act**, which would expand rehabilitation programs for certain veterans with service-connected disabilities who wish to pursue careers in aviation. **Position: support**
- Expand eligibility for a **program of job counseling, training and placement service**, granting eligible servicemembers access to the Disabled Veterans' Outreach Program. **Position: support**

79%

Recently retired veterans who say they find it challenging to translate their military skills into jobs civilian hiring managers can understand

Source: Pew Research Center

13,100

Openings for aircraft and avionics mechanics projected annually over the next decade Source: Bureau of Labor Statistics

25%

Military personnel who say they have a job lined up after service

Source: Pew Research Center

18,400

Openings for airline and commercial pilots each year over the next decade Source: Bureau of Labor Statistics

MY GI BILL VETERANS & EDUCATION BY VALERIE HEFFNER

On combining Chapter 30, Chapter 33 benefits

Q: I served as an enlisted soldier from 1989 to 1994 and contributed \$100 a month toward Chapter 30 education benefits. After my discharge, I enrolled in college and used 36 months of my entitlement attending a nursing program. Once I completed my bachelor's degree, I returned to the military. I retired after 20 years of service.

During my second enlistment, I transferred my Chapter 33 Post-9/11 GI Bill education benefits to my daughter. She recently applied for Chapter 33 to start college but received a denial letter stating she was ineligible since I used 36 months of entitlement. Why did my daughter receive the denial letter if I transferred my benefits to her?

A: When a servicemember transfers benefits while on active duty, the Department of Defense does not have access to view what type of benefits they received in the past. When your daughter applied for Chapter 33 benefits transferred into her account, VA reviewed your history to see if any benefits had been used.

Chapter 30 benefits you used were subtracted from the benefits available to your daughter when she applied for Chapter 33. So she has no Chapter 33 entitlement remaining.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. askvalerie@legion.org



38% Americans who say patriotism is very important, down from 70% in 1998

39% Americans who say religion is very important, down from 62% in 1998

Sources: NORC at the University of Chicago, The Wall Street Journal



Do it Right with DR® Power Equipment

Devour Brush Piles with a DR® Chipper Shredder!



- CHIP & SHRED with power to spare
- BIGGER ENGINES beat the competition
- BUILT USA TOUGH for smooth operation

DRchipper.com

NOTHING Stops a DR® Field & Brush Mower!

Starting at just \$1999⁹⁹



The LEADER in Field & Brush Mowers

- Up to 2X THE POWER of the competition
- CUT 3" THICK BRUSH & tall field grass with ease
- WIDEST SELECTION of deck sizes and features
- GO-ANYWHERE power steering

★ USA
ENGINEERED AND BUILT

Assembled in the USA using domestic and foreign parts.

DRfieldbrush.com

Discover the POWER and PRECISION of a DR® Trimmer Mower!



- 5X THE POWER of a handheld trimmer
- TRIM precisely without arm fatigue
- MOW where a bladed mower can't
- TOUGHEST trimmer cord available

DRtrimmer.com

SALE!

**FREE
SHIPPING**

SOME LIMITATIONS APPLY

Request your FREE PRODUCT CATALOG
Online or Toll-Free at 800-708-1463

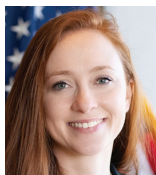
GoDRpower.com

DR POWER EQUIPMENT



BERGMANN & MOORE: CAMP LEJEUNE JUSTICE ACT

The F-word and C-word of CLJA claims



Liz Hartman, Bergmann & Moore's Camp Lejeune Justice Act (CLJA) spokesperson to The American Legion, travels the country speaking to Legionnaires about CLJA tort claims. Her column in The American

Legion Magazine explores frequent questions from veterans seeking to understand more about their rights under the act.

Two main areas of frustration seem to be confusing veterans/claimants about CLJA:

- Understanding a power of attorney/fee agreement;
- Whether veterans must pay back their benefits if they win a CLJA tort claim.

This month, I will address the first area of confusion; we will discuss the second in the July issue.

The F-word is "fees." The C-word is "costs." These two words have distinct and relevant meanings. They relate to how much you will pay an attorney in a CLJA tort. As we explained in the May issue, attorney "fees" are like wages and equate to time and labor of the attorney and their staff. "Costs" are separate and generally not known at the start of litigation. Costs are defined as expenses incurred in litigation and include claim-development costs. Those include costs for a medical nexus opinion, necessary for a lawyer to establish a link between a particular medical condition (not deemed presumptive) and a disease/condition claimed as related to toxic water exposure.

Why does understanding fees and costs matter?

Because how they are defined in a power-of-attorney document results in how much of a CLJA award the attorney will receive if they win your case.

Most law firms have a set fee, generally noted as a percentage of the award. However, "costs" are often unlimited and can eat up most of the CLJA award. This is why you should confirm whether or not the power of attorney you signed has a "cap" on fees and costs; that's the only way you will be able to determine today what you will receive from any CLJA award tomorrow.

How do you discharge a firm that is charging too much?

You simply have to communicate to them in writing: "I wish to discharge you as my attorney in my CLJA claim. Please return all documents I submitted." You need not wait for a response. Provide a copy of that communication to the new law firm, and they will ensure you will not have to pay the higher fee.

The American Legion has entered into a memorandum of understanding with Bergmann & Moore, LLC, to help veterans understand the CLJA. Bergmann & Moore has capped their fees and costs to 33.3%. This means that regardless of medical development costs associated with the case, the veteran/claimant will never receive less than 66.67% of any court award.

If you are interested in filing a CLJA claim, you may speak to someone personally by calling **(800) 898-9450**, or by filling out the form at **camplejeunelitigationteam.com/al**.

If you have questions before filing a claim, call Hartman at **(252) 497-7255**. The American Legion encourages veterans/claimants to reach out to a CLJA attorney for any condition they think may be related to toxic water exposure while stationed at Camp Lejeune.

58,000

Reports of war crimes being investigated by Ukraine, allegedly committed by Russian troops, mercenaries, security forces and intelligence agents. They include desecration of dead bodies, massacres of civilians, kidnappings, torture, indiscriminate bombings, sexual assaults and attacks on nonmilitary civilian infrastructure. Source: AP

Cheers

To commemorate Finland's historic entry into NATO, a Finnish brewery in Savonlinna (a town close to the border with Russia) has crafted a special beer: Olaf Brewing's Otan. Not only is the beer's name a reference to the transatlantic alliance, "Otan" is the French abbreviation for NATO, and it's NATO spelled backwards. Military.com points out that the word is also a clever play on the Finnish expression *Otan olutta* ("I'll have a beer"). Olaf Brewing wryly describes its Otan IPA as "a taste of security, with a hint of freedom."

When to update your estate plan

You've completed a will, and perhaps a revocable living trust. Your durable power of attorney for health care and a living will are in place. Your records are safe and carefully organized. You're finished with your estate planning.

Or are you? Here are seven reasons to revisit your plan:

- **New children, grandchildren or other heirs** If you have a sizable estate and there are large specific bequests, the arrival of a new heir is a good time to review your plan. One option is to transfer assets to the heirs "then living" when you die.

- **Moving to a different state** If you are married and move to another state, it may be important to clarify ownership of your property as separate or joint. For those with moderate to larger estates, there could be significant estate or inheritance taxes. Finally, many states have specific rules on durable powers of attorney for health care, living wills or advance directives.

- **Reaching 72** Your IRA, 401(k) or other qualified plan will require distributions to start April 1 of the year after you reach 72. Many individuals die and the plan value is transferred to beneficiaries selected 10, 15 and even 25 years earlier. There might be many reasons to update those designations, and 72 is a logical age to do so.

- **Adding a major property to a living trust** The addition of a high-value asset to the living trust could increase the benefits for the people receiving shares from the trust in comparison to the rest of your heirs.



- **Divorce or remarriage** If an individual remarries and is survived by a new spouse, there is a high likelihood of litigation between the ex-spouse and the new spouse if the designations weren't changed on retirement plans and insurance policies.

- **Selected executor or trustee not available** With a will or a revocable living trust, you may also select a successor executor

or trustee. While this usually will resolve a situation in which the primary executor or trustee dies before you, it helps to review your plan if one of them passes away.

- **Passage of time** Estate plans are affected by changes in your asset value, changes in your family, and potentially by changes in federal or state law. It is helpful every three to five years to meet with your attorney and review your plan.

Learn more about what to do in these situations at legion.org/headlines/plannedgiving, or by contacting the Legion's Office of Charitable Giving at (317) 630-1225, plannedgiving@legion.org or legion.giftlegacy.com.



8 CIGARS *only* \$10*

FIRST-CLASS PREMIUM CIGAR SAMPLER

When it comes to cigars, no one even comes close to Cigars International and we're ready to prove it to ya with an outrageous intro offer: 8 premium handmade cigars for just \$10.* Go ahead, price shop this one and prepare to be stunned. When you're ready, we're here waiting with the world's largest selection of premium handmade cigars at the planet's lowest prices, delivered fast and fresh. That's our guarantee.

Visit: CigarsIntl.com/SA8588

Enter complete web address

or search keyword: SA8588

1-888-244-2790

Mention code SA8588

Item #: CA92-SP

Includes 1 each of:

HC Series • Villazon • Mark Twain
Chillin' Moose • Arganese • CAO
Macanudo • Toraño



\$5 UPGRADE

Add a Ripple Triple Torch Lighter

*19 value!

**\$52
value**



GREAT GIFT
for FATHER'S DAY

*Plus \$3/s/h. Purchase may be subject to state, local or excise taxes where applicable. First-time purchasers only. One per customer. No sales to anyone under the age of 21. We do not ship to Utah. For shipping information & restrictions please visit www.CigarsIntl.com/SHIP. Offer expires 7/15/23.



Make cash king again

Over the past decade, low interest rates lulled me into a “not worth the effort” mentality when it came to doing the little extra legwork needed to ensure I was, literally, making the most of what I had in cash. That’s no longer the case.

Reviewing a couple of my 1099-DIVs and 1099s for 2022, I would have struggled to buy a Happy Meal with the interest we earned on cash in the bank and our brokerage account over the year.

Here are a few factors to think about as you review your own situation:

Inflation is causing you to lose more ground.

One of the primary risks of money sitting in cash-type investments is the loss of purchasing power when the rate of rising prices exceeds the interest you’re earning. That risk is compounded with inflation like we’ve seen over the past year.

Not all deposit accounts are created equal.

Whether you set aside cash for anticipated purchases or expenditures, save for short-term goals or just like a bit of cash on hand, check out what your savings are earning. According to Bankrate, at the end of March the national average was 0.3% for savings accounts and 0.1% for checking accounts. On the other hand, top-performing accounts were earning more than 4%. That type of additional interest adds up.

Sweep accounts may gather dust and not much else.

If you have a cash account within your brokerage that is the destination for dividends, sales and other distributions, it’s worth a look. Talk to your brokerage firm and ensure you’re getting the most of it.

Two-tier is back in vogue. For years I encouraged members to set up a two-tier reserve. The idea was to put a portion in a liquid account earning market rates to have some cash readily available, and a second portion in a certificate of deposit to earn as much as possible without market risk or fluctuations. In the current interest-rate environment, this approach makes sense – and a lot more dollars than a low- to no-interest checking or savings account.

Turn to Uncle Sam. The U.S. Treasury may have some options for those looking to boost the yield on their savings. First, Series I Savings Bonds are still attractive. The interest they earn is based on two components: a fixed rate that is set when you buy the bond and stays the same over the 30-year term of the bond, and a variable interest rate updated every six months based on inflation. For the six-month period that ended in April, the combined rate was 6.89%. Treasury bills have terms from four to 52 weeks and, in today’s environment, very attractive yields.

Holding high-interest debt has become costlier.

The flip side of the rising-interest-rates value proposition is that borrowing has become more expensive. From mortgage to credit-card interest rates, one word captures the trend: pain. In March, **creditcards.com** reported the average rate of 20.35%. The point? Paying off debt, especially high-interest credit card debt, may make sense.

J.J. Montanaro is a certified financial planner with USAA, The American Legion’s preferred provider of financial services. legion.org/usaa

Convention color guard, band contest applications open

The National Color Guard Contest will be Friday, Aug. 25, at the Charlotte Convention Center. This year’s contest will introduce a new competing class featuring local JROTC units. Applications are due to National Headquarters by July 21.

The National Concert Band Contest will be Saturday, Aug. 26. Although the deadline to apply has passed, contact **conventiondivision@legion.org** if you desire to compete. **legion.org/convention/contests**

Show your badge

The Charlotte Regional Visitors Authority’s Show Your Badge program

features special offers and discounts on attractions, dining, nightlife and retail throughout the city. Convention attendees can take advantage by showing their badges at participating businesses. **legion.org/convention/resources**



344 Average number of times per day American adults check their cellphones

71% Adults who say they check their phones within 10 minutes of waking up

53% Adults who say their phones would be the No. 1 possession they'd try to save in the event of a house fire or disaster

47% Adults who say they're "addicted" to their phones

Source: reviews.org



Envato

THE JOB FRONT BY WENDY S. ENELOW

What's new, next in careers

Each year, the Career Thought Leaders (CTL) think tank publishes its findings of what is happening in the world of careers, based on what hundreds of professionals are seeing today and on the horizon.

Here's some key information from CTL's 2022 report, to help you find your very best opportunities - ones that combine your skills and competency with the jobs of today and the near future.

- **Careers with the highest current and projected growth trajectories** include human resources, medicine, entrepreneurship and influencing, blockchain technology, artificial intelligence, machine learning, cybersecurity, space, telecommunications, energy and the environment.
- **Eight occupations predicted for massive growth** are cloud computing, content production, data and artificial intelligence, engineering, marketing, people and culture, product development and sales, as reported by the World Economic Forum.
- **Jobs with some of the largest salary increases** include digital marketer, nurse, revenue analyst, administrative assistant and technology developer.
- **There is great demand** for grocery clerks, servers, warehouse workers, manual laborers and some health-care personnel.
- **Freelance, gig, consulting and entrepreneurial opportunities are drawing people out of the traditional workforce** at an amazing pace. Consider that 60% of people making \$50,000 or less a year know someone who left their job to enter a high-risk profession such as cryptocurrency trader or social media influencer.
- **Educational institutions are enhancing their offerings** in direct response to hiring demands, including technical and medical certification programs, new internships, expanded educational offerings and corporate partnerships.

Companies today need people in both traditional and non-traditional roles, and they need them now. Combine your talents with their needs, and you're certain to find a great new opportunity.

Wendy Enelow is co-author of "Modernize Your Résumé: Get Noticed ... Get Hired" and other titles. wendy@wendyenelow.com

FREE PROOF SET
with a
Statue of Liberty Half Dollar

FREE Shipping: N6059

Buy the 1986 Statue of Liberty half dollar proof at a low price and get a **FREE modern U.S. proof set!** This was America's first and most subscribed copper-nickel half dollar. We'll include a free modern proof set with your purchase. **Both: \$19 (#49884). 30-Day No-Risk Money-Back Guarantee. NO CLUB TO JOIN; NO ON-APPROVAL COINS SENT.**

International Coins & Currency
62 Ridge St., Dept. N6059, Montpelier, VT 05602
1-800-451-4463
www.iccoin.com/N6059

HONOR YOUR LOVED VETERAN WITH A DEDICATED SOUNDING OF TAPS

doughboy.org/daily-taps/
(202) 380-0725

How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, e-mail reunions@legion.org or submit information online at legion.org/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are free.

Notices will remain online until the final day of the reunion. Upon submission, allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing twice a year.**

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, phone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206** or e-mail reunions@legion.org.

The magazine will not publish names of individuals, only the name of the unit. Listings are free.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.**

Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation Division. If you are seeking to verify an injury received during service, contact your American Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206**. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

93rd Bomb Grp (WWII), Dallas/Fort Worth, 11/9-13, John Marx, (412) 327-1909, 109clearview@gmail.com; **AC-119 Gunships - Shadows & Stingers, Air Crew, Ground Crew, Support Crew, 71st, 17th & 18th SOS, Maint Support Sqdns, AC-47 "Puff the Magic Dragon,"** Washington, 11/8-12, Kelly Bridgeman, (757) 625-6401, kelly@afri.com; **Nuclear Wpns Technician Assn (NWTa)**, Oak Ridge, TN, 9/13-15, Janice Miller, (325) 650-1854, garjans@suddenlink.net

ARMY

1st Eng Bn, Manhattan, KS, 7/30-8/2, Dale Greenfield, (605) 350-2319, dale.greenfield@yahoo.com; **2nd Inf Div**, Colorado Springs, CO, 9/20-24, Mike Davino, (919) 356-5692, zida.pao@charter.net; **4th Inf Div Charlie Co 2/8 Mech Inf (Central Highlands, Vietnam, 1969-1970)**, Dave Snowden, (865) 567-2434; **5th Bn 42nd Arty (Vietnam)**, Myrtle Beach, SC, 9/18-20, Dallas Landrem, (575) 635-8083, dallasdz@aol.com; **7/17th Air Cav**, Williamsburg, VA, 8/23-26, John Nelson, (580) 510-0181, jnelson@hotmail.com; **12th Armd Div (WWII)**, St. Louis, 7/19-23, Norman Bruneau, (610) 558-2163, hellcatnews@yahoo.com; **65th Cbt Eng**, Fort Knox, KY, 10/16-20, Francis Manning, (413) 896-1199, pmann57@aol.com; **75th Div Vets**, New Orleans, 8/9-13, Robert Somborski, (281) 620-5054, robertsomborski@yahoo.com; **107th Eng**, Traverse City, MI, 8/4-5, Thomas Perry, (906) 362-4861, secretary@107thengineers.org; **191st AHC**, Green Valley, AZ, 9/14-18, Paul Vitale, (520) 999-1825, uhidslick@tgmail.com; **196th Light Inf Bde "Chargers,"** Daytona Beach, FL, 9/25-10/1, David Eichhorn, (740) 678-2001; **213th ASHC**, Missoula, MT, 9/10-15, Larry Brockman, (402) 499-9117, brocky287@gmail.com; **577th Eng Bn**, Rapid City, SD, 9/6-10, Tammy Beene, (615) 293-5422, tammy@knowbettertravel.com; **95B20 A Co 94th MP Bn (Baumholder, Germany)**, Waterloo, IA, 8/19-20, Steve Kauffman, (319) 795-0604, sweetpeatmk@hotmail.com; **Bamberg MPs (1972-1975)**, Durango, CO, 9/28-30, George Barter, (970) 903-3286, geobarter@yahoo.com; **Korea Cold War Vets**, Sevierville, TN, 8/4-6, William Tate, (614) 783-2315, tetew44@hotmail.com

JOINT

Bien Hoa AB, Dayton, OH, 9/27-30, Chuck Golba, (913) 915-6093, cgoalba67bienhoa@gmail.com; **Iwo Jima & WWII Pacific Theater Vets & Relatives**, Crystal City, VA, 2/13-16, Art Sifuentes, (703) 212-8128, rsifuentes@iwojimaassociation.org; **Khe Sahn Vets Assn**, Rapid City, SD, 10/8-15, Russ Turner, (314) 368-5853, smfishbaugh@mikrotec.com

MARINES

1/5 (1985-1992), Macomb, IL, 9/22-25, Scott Hainline, (309) 351-2050, ptimfi@yahoo.com;

3rd Mar Div CAP/CAG Units (Vietnam, 1965-1972), Jacksonville, FL, 11/8-13, Eric Webb, (630) 310-0013, bulldog_8762@yahoo.com; **Hotel Co 2/5 (Vietnam)**, Branson, MO, 10/19-22, Bernie Stafford, (310) 678-8407, ultysact@cox.net; **Lima Co 3rd Bn 1st Mar**, Alexandria, VA, 9/7-10, Leslie Turner, (631) 748-9733, lgtplace@aol.com; **Marine Arty Assn**, San Diego, 9/13-17, Brian Seals, (765) 580-2734, bseals2013@gmail.com; **Marine Corps Musicians Assn**, Temecula, CA, 10/19-23, Krista Hackler, (843) 941-3693, aprilh5500@gmail.com

NAVY

Altair AKS 32/AK 257, Myrtle Beach, SC, 11/6-10, Bruce Davis, (321) 278-8068, bandedavis@bellsouth.net; **Arlington AGMR 2**, San Antonio, 10/11-14, Michael Ferderer, (612) 850-5580; **Aylwin DE/FF 1081**, Virginia Beach, VA, 10/25-29, Kevin Johnson, (737) 377-0114, reunion@ussalywin.com; **Black DD 666**, Branson, MO, 9/19-22, Lewis Morris, (319) 738-9116, morrisle@aol.com; **Canopus AS 34**, Washington, 10/3-5, Bill Murdock, (530) 913-1038, cwmcdf@jps.net; **Coontz DLC 9/DDG 40**, Bremerton, WA, 9/28-10/1, Steve Whetzel, (925) 580-4410, whets@aol.com; **Coral Sea CVA 43**, Oklahoma City, 10/4-8, David Bahr, (605) 336-8294, davebah3@gmail.com; **Destroyer Leader Assn DL 1/DL 2 (DDG 35), DL 3 (DDG 36), DL 4, DL 5**, Jacksonville, FL, 8/28-9/3, Mike Bugara, (401) 635-8860, mibugara@hotmail.com; **Diablo SS 479**, Virginia Beach, VA, 10/8-11, David Matthes, (540) 665-6454, dmatthes479@gmail.com; **Doris Miller DE/FF 1091**, Norfolk, VA, 9/27-30, Warren Smith, (781) 608-9247, docbuzz@comcast.net; **Enterprise CVAN/CVN 65**, Piscataway, NJ, 9/18-22, Bob Smith, (732) 985-5371, rsmith7013@aol.com; **Fleet Oilers Assn**, San Antonio, 9/10-15, Bob Grant, (781) 249-5501, bobgrant1942@gmail.com; **Goodrich DDR 831**, Baltimore, 9/24-27, Michael Gill, (317) 445-1639, mgillca35@gmail.com; **Henderson DD 785**, Rapid City, SD, 9/13-18, Al Meeds, (704) 995-2874, 1xhendy@gmail.com; **Hollister DD 788**, Fairfax, VA, 9/20-23, Casey Orr, (319) 651-9426, cwor78@gmail.com; **John S. McCain DL 3/DDG 36**, Jacksonville, FL, 8/28-9/3, John Lair, (619) 479-7387, hobocamp@aol.com; **Keppler DD 765**, Port Canaveral/Cocoa Beach, FL, 4/18-28, Stephen Mooney, (732) 284-0134, keplerdd765@gmail.com; **Klondike AD/AR 22**, Pensacola, FL, 9/8-11, Dennis Case, (309) 299-0275, denniscase@gmail.com; **Leonard F. Mason DD 852**, Manhattan, KS, 9/12-15, Gary Krner, (785) 477-1889, gjkansas@gmail.com; **Missouri BB 63**, Albuquerque, NM, 9/7-10, John McKinney, (207) 799-8513, jmcinney1maine@yahoo.com; **Mitscher DL 2 & DDG 35**, Jacksonville, FL, 8/28-9/3, Mark Scully, (301) 681-9062, mscully@gmail.com; **Naval Reserve Ctr Altoona**, Duncansville, PA, 10/7-7, Robert Bentley, (814) 696-3366, rbentley@atlanticbb.net; **Nimitz CVN 68**, Tempe, AZ, 10/22-25, Myrl Wallace, (805) 453-0173, bigwallace@comcast.net

net; **Norfolk DL 1**, Jacksonville, FL, 8/28-9/3, John Lair, (619) 479-7387, hobocamp@aol.com; **Ogden LPD 5**, Fredericksburg, TX, 11/6-8, Mark Stephens, (570) 640-1094, ussogdenlpd5@gmail.com; **Okanagan APA 220**, Providence, RI, 9/7-11, Dave Meierhoff, (620) 340-7406, damcsm@gmail.com; **Opticalman-Instrumentman Assn**, San Diego, 9/25-29, John Bryan, (706) 339-5905, bigjohn767@yahoo.com; **Patrol Sqdn 56**, Jacksonville, FL, 10/20-23, Marianne Bustin, (215) 421-0618, marianne_bustin@comcast.net; **Point Defiance LSD 31**, Harrisburg, PA, 9/13-17, Mike Doto, (406) 491-9308, mdoto@bridgemail.com; **Radford DD/DDE 446**, Springfield, IL, 9/13-17, Kimberly Parsons, (304) 927-0094, ussradford@gmail.com; **San Francisco**, Reno, NV, 6/22-25, John Holtzer, (925) 395-7696, johnholtzer@gmail.com; **Saratoga CV 3 & CVA/CV 60**, Harrisburg, PA, 10/18-22, Dennis Steinoor, (717) 440-1507, dsteinour52@gmail.com; **South Carolina**, Virginia Beach, VA, 10/12-14, Jeff Fishbein, (570) 374-8167, socar37assn@gmail.com; **Stoddard DD 566**, St. Louis, 9/28-10/1, John Rau, (573) 517-1996, cjrauh@ldd.net; **T-Boats - Mackerel SST 1, Marlin SST 2, Barracuda SST 3**, Tucson, AZ, 8/28-9/3, John Delihanty, (503) 974-9305, jo-lodel67@comcast.net; **Tin Can Sailors Midwest Bull Session**, Kearney, NE, 8/5-6, Greg Jensen, (308) 234-1581, gwjensen@frontiernet.net; **VA-86 Sidewinders**, Jacksonville Beach, FL, 10/20-22, Jim Ross, (904) 610-5114, jimross@kres.us; **Wasp CVS 18**, Myrtle Beach, SC, 10/22-26, Mike Trowse, (256) 655-2700, steamertrowse@gmail.com; **Wilkinson DL 5**, Jacksonville, FL, 8/28-9/3, John Lair, (619) 479-7387, hobocamp@aol.com; **Willard Keith DD 775**, Pensacola, FL, 10/1-4, Michael McHenry, (757) 244-6648, michaelmchenryhamptonva@gmail.com; **William R. Rush DD/DDR 714**, Branson, MO, 10/22-27, Dennis Knoerzer, (636) 281-4120, wmmrushdd714@gmail.com; **Willis A. Lee DL 4**, Jacksonville, FL, 8/28-9/3, Mark Scully, (301) 681-9062, mscully@gmail.com; **Wiltzie DD 716**, Baltimore, 9/24-28, Ted Laurila, (703) 736-3853, dd716ted@comcast.net

LIFE MEMBERSHIP

Post 137, FL: Philip Lindros, Cristel Ward, Binion Williams
Post 240, FL: Vernon W. Allen, George D. Nafe
Post 278, IN: Robert Weedman
Post 129, NJ: Arnold Boyle
Post 355, WI: William Vorac

IN SEARCH OF

1st Msl Bn 33rd Arty ("Honest John") Barton Bks, Ansbach, Germany, 1959-1962, Fred Nelson, (845) 699-6715, bluegrass94@aol.com
2nd Msl Bn 82nd Arty Corporal Missile (Kitzingen, Germany, 1961-1963), Michael DeTorie, (443) 825-6239
3rd Bn Plt 306 (Parris Island, SC, Jan-Apr 1973), D.K. Sexton, (606) 278-2658

13th Eng Co Asphalt Plt (Ft Knox, KY & Desert Storm, Dec 1990-May 1991), Dan Chirdon, (570) 584-6407, danchirdon@gmail.com
187th Regimental Cbt Team (Korea, 1951-1953), Michael Overfelt, (714) 323-2198, windwookie@yahoo.com
823rd Cbt Security Police Sqdn (Opn Safeside, Vietnam, Mar-Sept 1969), Lyle Brakob, (949) 769-1558, lbrakob@cox.net
A Btry 3rd Bn 67th ADA (Giebelstadt, West Germany, 1971-1975), Ronald Halverson, acehunt70@gmail.com
B Btry 1st Howitzer Bn 30th Arty (Ft Lewis, WA, 1964-1965), Tommy Williams, (337) 238-4026
CAUSA 8 (South Pacific, 1943-1945), Joe Aboussleman, (408) 409-3918

TAPS

Arthur C. Ellison, Dept. of Montana. Dept. Cmdr. 2000-2001, Nat'l Americanism Cmsn. Liaison Cmte. Memb. 2005-2007, Nat'l Exec. Cmte. Alt. Memb. 2003-2005, Nat'l Exec. Cmte. Memb. 2005-2007, Nat'l Foreign Relations Cncl. Vice Chmn. 1997-1999, Nat'l Merchant Marine Cmte. Memb. 2003-2005 and 2007-2013, and Nat'l Veterans Affairs & Rehabilitation Cmsn. Region 8 Memb. 1999-2003.
James A. McNair, Dept. of Texas. Dept. Cmdr. 2008-2009, Nat'l Distinguished Guests Cmte. Vice Chmn. 2003-2013 and Nat'l Security Cncl. Memb. 2013-2023.
Jack L. Mitchell, Dept. of Montana. Dept. Cmdr. 2009-2010, Nat'l Foreign Relations Cncl. Vice Chmn. 2010-2011, Nat'l Health Admin. Cmte. Memb. 2013-2015 and 2011-2020, and Nat'l Veterans Affairs & Rehabilitation Cmsn. Memb. 2005-2008 and 2011-2013.
Gerald E. Wenditz, Dept. of Virginia. Dept. Cmdr. 1995-1996, Nat'l Americanism Cncl. Vice Chmn. 1994-1997 and Nat'l Employment Cmte. Memb. 1997-2003.

AMERICAN LEGION ★ FLAGS



Support Our Mission

American Flags - Made in the USA

AmericanLegionFlags.com

thank you

The American Legion appreciates your membership,
and we want to send you a weekly perk
to show our gratitude.

AMERICAN
LEGION

THANK YOU THURSDAY

**VISIT [LEGION.ORG/NEWSLETTERS](https://www.americanlegion.org/newsletters) TO SIGN UP FOR THANK YOU THURSDAY
AND RECEIVE EXCLUSIVE MEMBER OFFERS EVERY WEEK**

Does Earth make fun of the other planets for having no life?

AN EMPLOYER asked an applicant, “How long did you work at your other job?”

“Fifty-five years,” the applicant replied.

“How could you work somewhere for 55 years when you’re only 45?” the employer exclaimed.

“Overtime.”

A GOLFER asked the pastor playing with him, “How do you let off steam? Say, if you miss a shot and your ball goes into a sand trap?”

The pastor replied, “I just repeat the names of some of my congregation members ... with feeling.”

WHAT DID THE ukelele player say to the dentist? This may hurt a little.

A GIRL asked, “Mom, can you help me find the lowest common denominator in this math problem?”

“They haven’t found it yet?” her mother replied. “I was looking for it when I was a kid!”

MY PSYCHIATRIST told me he knows what makes me tick. But he can’t explain what makes me chime on the hour.

A MINISTER said to a candidate for county sheriff, “Before I support you, I’d like to know if you partake of intoxicating beverages.”

“Before I answer,” the candidate replied, “I’d like to know if this is an inquiry or invitation.”

A PROFESSOR asked a mediocre student, “Why did you come to college anyway? You’re certainly not studying.”

“I’m not sure,” the student replied. “Mom says it’s to prepare me for the presidency. My little sister says it’s to get a friend she can date. And my dad says it’s to bankrupt the family.”

“A NEW STUDY says that virtual meetings dampen creativity. I think they’re wrong. Lots of people in virtual meetings are figuring out very creative ways to make it look like they’re actually paying attention.” – *Shaun Eli*



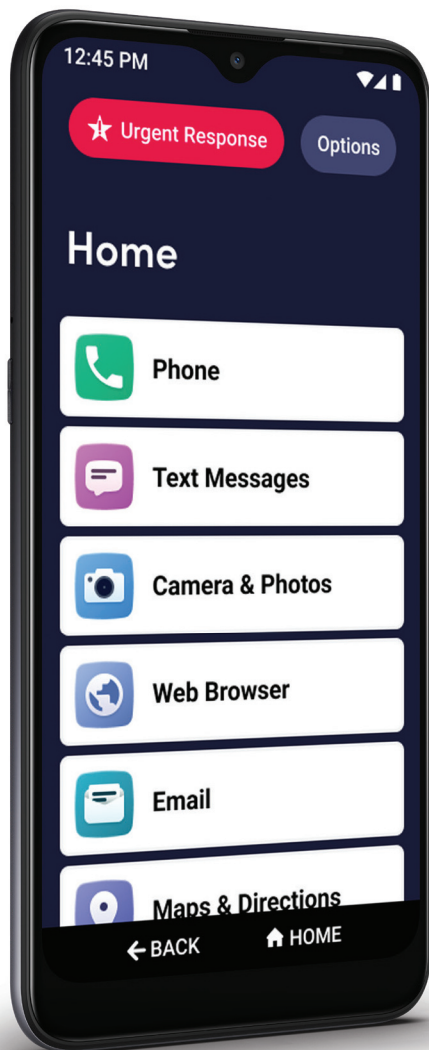
“The usual?”



“Dad, due to your policy of not raising our allowances, we’ve voted to recall your mug.”

Our caring team is here
for you day or night.

jitterbug® smart3



Our simplest smartphone ever.

The Jitterbug® Smart3 is our simplest smartphone ever, with Health & Safety Services and help from our caring team, 24/7.

EASY Everything you want to do, from calling and video chatting with family, to sharing photos and getting directions, is organized in a single list on one screen with large, legible letters. Plus, voice typing makes writing emails and texts effortless.

Plans as low as
\$19⁹⁹
month³
Data plan required.

HELPFUL Kind and knowledgeable, our specially trained caring team is here for you anytime, day or night. Whether you want to learn more about your new phone, need a ride or have a health concern, we're here to help. And with Urgent Response, enjoy peace of mind knowing you can count on us, even in an emergency.

AFFORDABLE The Jitterbug Smart3 has flexible and affordable plans, like our Unlimited Talk & Text Plan for only \$19⁹⁹/mo.³ Plus, you can save over \$55/yr. when you add a Health & Safety Package.²

FATHER'S DAY

25% OFF¹

We treat every call like it's our mom or dad.

- We can help you learn about your new phone
- We can connect you to a nurse for medical advice
- We can look up and dial numbers for you
- We can alert family members in an emergency



To order or learn more, call **1.800.650.4125** or visit **lively.com/smart**



Most reliable
nationwide coverage

No long-term contracts
or cancellation fees

Keep your current
phone number⁴

100% U.S.-based customer
service and tech support

lively!

From
BEST BUY Health

Buy in-store
or online at:

**BEST
BUY**

**RITE
AID**

Walgreens

available at
amazon

¹25% off regular price of \$149⁹⁹ is only valid for new lines of service. Offer valid through 7/1/23 at Rite Aid, 6/24/23 at Walgreens and 7/2/23 at Best Buy and Amazon. ²Full bundle cost \$44⁹⁸, \$4⁹⁹ discount applied monthly. Discount not available on lively.com. ³Monthly fees do not include government taxes or fees and are subject to change. A data plan is required for the Jitterbug Smart3. Plans and services may require purchase of a Lively device and a one-time activation fee of \$35. Pricing may vary. Urgent Response, Lively Link, and Nurse On-Call are only available with the purchase of a Lively Health & Safety Package. See terms for details. Urgent Response or 911 calls can be made only when cellular service is available. Coverage is not available everywhere. Urgent Response tracks an approx. location of device when device is turned on and connected to the network. Lively does not guarantee an exact location. Lively is not a healthcare provider. Seek the advice of your physician if you have any questions about medical treatment. Lively Rides provides a service through which you can request a ride to be arranged through the Lyft Platform. Ride fares are applied to your monthly Lively bill. Consistently rated the most reliable network and best overall network performance in the country by IHS Markit's RootScore Reports. ⁴Porting is dependent on the availability of the phone number requested and subject to approval of the existing carrier. Lively and Jitterbug are trademarks of Best Buy Health, Inc. ©2023 Best Buy. All rights reserved.

Exclusive **MintSelect®** offer

BRAND NEW 2023 GOLD & SILVER AMERICAN EAGLES **BELOW DEALER COST**



**LOWEST
PRICE
OFFER**

Lowest price offer on
BRAND NEW 2023 Gold &
Silver American Eagles.



**2023
\$50 Gold 1 oz.**

AS LOW AS

\$1,923.00

**2023
\$5 Gold 1/10 oz.**

AS LOW AS

\$193.00

**2023
\$1 Silver 1 oz.**

AS LOW AS

\$23.00

COMPLETE SELLOUT EXPECTED - CALL TODAY!



2023 \$25 REAGAN PRESIDENTIAL GOLD

LIMITED AVAILABILITY

★
First Day of Issue

- ✓ US GOVERNMENT ISSUED GOLD
- ✓ MUSEUM QUALITY MS70 GRADE
- ✓ REAGAN PRESIDENTIAL SIGNATURE
- ✓ STRUCK AT THE WEST POINT MINT



**Free 1oz. Silver Eagle
with each Reagan Gold
Purchased!**

KNOW YOUR DEALER



Trustpilot



**ACCREDITED
BUSINESS**


**UNITED STATES
PRECIOUS METALS™**
uspreciousmetals.com



**FREE
SECURE
DELIVERY™**



Vault Code: AL0623

1-866-854-4012

Take advantage of our lowest price offer and save on US Mint premiums and fabrication costs when you purchase the certified 2023 \$25 Gold American Eagle shown above. Otherwise, prices will be determined based on current market SPOT + pricing. Ad creation date 4/11/2023. Prices are subject to change due to market volatility. Free shipping on all orders when purchasing the certified 2023 \$25 Gold American Eagle. Otherwise, \$20 for SH&I. Gold and silver coin limits are at our discretion. Coins enlarged to show detail.